BAKED FISH

Serves: 2   Ready in: 25 mins   Cost per serve: $2.70

Ingredients

2 Basa fillets
2 tbsp olive oil
1 tsp salt
1 tsp garlic powder
1 tsp ground black pepper
2 sheets aluminum foil
3 tbsp lemon juice
1 head broccoli, chopped
1½ cup cooked rice

✅ Tips

Other vegetables that can be roasted include potatoes, zucchini, squash, and more.

Opt for brown rice instead of white rice for a boost in fibre and important minerals.

Directions

1. Preheat the oven to 200°C.

2. Rinse and pat Basa fillets dry. Rub fillets with 1 tbsp olive oil, and season with garlic powder, salt and black pepper. Place each fillet on a large sheet of aluminum foil and drizzle with lemon juice.

3. Fold and seal all edges of the foil to form enclosed packets. Place fillet packets on half of a baking sheet in a baking tray.

4. Arrange broccoli in a single layer on the other half of the baking sheet. Drizzle remaining olive oil over the broccoli.

5. Bake in the preheated oven until fish flakes easily with a fork, 15-20 minutes depending on size of fillets.

6. Distribute broccoli evenly and serve with each fillet on a bed of rice.