

Grilled Fish

Ingredients

- 4 Fish steaks (Dory Fillet)
- 1 tablespoon of dried parsley
- A pinch of salt
- A dash of pepper
- A dash of ginger powder
- ½ pkt of McCormick, Home style Gravy

Preparation

- Wash and clean fish thoroughly and dried them using paper towel
- Slice thickly about 5cm to 6 cm thick.
- In a large mixing bowl, combine all ingredient and mixed thoroughly
- Keep fish in fridge for about 45 mins after marinating. (Best if kept overnight)
- Heat a skillet and spray olive/ canola oil over entire surface
- Place fish steak and grilled for about 3 mins on each side.
- At the same time, combine ½ pkt of McCormick, Home style Gravy with 150ml of water
- Mix thoroughly until all the lumps are dissolved
- Place in microwave and heat for 2 mins, stir and heat for another 2 mins.

Placed cooked fish onto a plate and dap sauce over them.



A complete meal consisting of mixed vegetables, grilled fish, two egg whites and a yolk

Nutritional Information:

Serving size: 150gm of dory fillet

Calories: 172 cal.

Fat: 5g

Protein: 38g
Carbs: 0g