

# Recipes

## Lemon & Herb Fish Traybake

Serves: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

### Ingredients:

- 4 White fish fillets
- 400g Baby potatoes (halved)
- 1 Red pepper (sliced)
- 200g Green beans
- 1 tbsp Olive oil
- 1 Lemon (sliced)
- 1 tbsp Fresh parsley (chopped)
- Salt & pepper (to taste)

### Method:

Preheat oven to 200°C. Toss potatoes, peppers, and green beans in oil, season and roast for 15 minutes. Add fish fillets and lemon slices to the tray and return to the oven for 10 minutes or until the fish flakes easily. Sprinkle with parsley before serving.

### Tips:

- Serve with a yoghurt and dill dip.
- Use frozen fish fillets if needed.
- Swap beans for asparagus or tenderstem broccoli.

