



Lemon Baked Toothfish

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Nutritional Info: Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked, these contribute to brain and visual development in children, and contribute to the maintenance of normal cardiac function in adults. Toothfish is a good source of protein, which contributes to the maintenance of muscle mass and bone health.

Tips: One of our prize winning recipes from Toothfish Month, Zoe has served her dish with salad and rice, but says that it works just as well with other side dishes.

Lemon Baked Toothfish

Ingredients

- 2 Toothfish fillets
- 1 large lemon
- 1 tablespoon parsley- fresh and finely chopped. Optional for garnishing.
- 1 tablespoon coconut oil melted
- 2 tablespoon honey
- 3 tablespoons whole grain mustard
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Method

1. Preheat oven to 190C
2. Finely chop the parsley and set aside.
3. Slice the lemon into thin rounds and use to create a layer in a baking dish.
4. Whisk the remaining ingredients in a bowl and set aside.
5. Place the toothfish portions on top of the layer of lemons.
6. Pour two thirds of the sauce over the portions ensuring they are well coated. Bake for 15 minutes.
7. Pour the remaining third of the sauce on top and bake for a further 15 minutes, until portions are cooked - depending on their size.

Garnish with chopped parsley and serve.



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