

Healthier Recipes for...

Baked Garlic Lemon Fish

Serves: 4



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 4 white fish fillets (95 g per fillet) • 3 cloves garlic, minced • 2 tbsp dried mixed herbs • Juice of ½ lemon • 1 tbsp olive oil <p>Salt & Pepper to taste Fresh coriander to garnish</p>	Energy (kcal)	156
	Carbohydrate (g)	2
	Protein (g)	21
	Fat (g)	6
	• Saturated Fat (g)	1
	Cholesterol (mg)	0
	Dietary Fibre (g)	6
	Sodium (mg)	97

Methods

1. Preheat oven to 175 degrees Celsius.
2. Combine olive oil and lemon juice in a small mixing bowl.
3. Pat dry fish before cooking.
4. Rub fish fillets with minced garlic, herbs and salt as desired.
5. Cover baking dish with aluminium foil. Arrange fish and pour olive oil mixture and sprinkle fresh coriander.
6. Bake for 15-20 minutes until fish flakes easily when tested with a fork.

NUTRITION & DIETETICS and FOODSERVICES

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