

Whiting Fillets



SERVES 2

Ingredients

Half head of Cauliflower
½ ripe avocado
Big handful of spinach leaves
1 tsp garlic
Half a lemon squeezed

Salt to taste
5 whiting fillets (or similar white fish)
Turmeric, Tarragon, rosemary
2 asparagus spears

Instructions

Mix together the following in a food processor the avocado, spinach leaves, garlic, salt and lemon juice, then set aside.

Spice up the whiting fillets with turmeric, tarragon and rosemary so they are lightly covered on both sides.

Place fish and asparagus on sandwich press or non-stick pan – fish should take 1-2 minutes on each side. Turn asparagus once while fish is cooking so it gets warmed through.

On a plate scoop out avocado mixture then top with asparagus and fish, enjoy!

