

Lemon Grilled Fish with Herbed Spinach Salad

8 Ingredients, 4 serves, 20 Minutes Total Time

1/2 cup parsley (chopped)
1/2 cup chives (chopped)
1 dash olive oil
4 potatoes
1 lemon (sliced)
2 cups baby spinach leaves
500 grams fresh fish (4 x fillets, trout if possible)
1/2 cup dill (chopped)

Instructions

- Put the potatoes on to boil in lightly salted water and drain when cooked.
- Or alternatively, brush the potatoes with a little oil, season to taste and bake them for 20 minutes at 180C/350F.
- Season the fish and brush with oil.
- Place a slice of lemon on each piece.
- Place skin side down under a medium grill until the fish has cooked through and is golden on top.
- Sprinkle each piece of fish with a little of the chopped chives and dill.
- Combine the Olive oil and lemon juice to create a dressing.
- Toss the baby spinach leaves and the remaining herbs in the dressing.
- Place the dressed baby spinach on a plate and top with the fish and potatoes.
- Serve.

Warnings

**POTATOES: only white, peeled potatoes are low salicylate

**BABY SPINACH LEAVES: less than 150g per meal for SIBO phase 1 & 2

Nutritional Information (per serving)

Calories	331
Total Fat	9g
Saturated Fat	2g
Cholesterol	69mg
Sodium	110mg
Total Carbohydrate	36g
Dietary Fibre	6g
Sugars	3g
Protein	28g
Calcium	41mg
Iron	2mg
Magnesium	100mg
Phosphorus	493mg
Potassium	1,381mg

Vitamin C	36mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg