

## Spiced Fish Fillets



7 Ingredients, 4 Serves, 30 Minutes Total Time

- 2 tablespoons lemon juice
- 2 spring onions (chopped)
- 3/4 teaspoon lemon zest
- 500 grams fresh fish (4 fillets)
- 1/4 teaspoon chilli flakes
- 2 tablespoons oil\*
- 1 chilli pepper (fresh) (chopped finely)

### Instructions

Note: add 2 cloves garlic, crushed if you are not on the FODMAPS or SIBO diets.

- Preheat oven to 180 C / 350 F
- Heat oil with lemon juice in a shallow pan.
- Coat both sides of fillets with lemon, fresh chilli and chopped spring onion - green part only for SIBO and FODMAPS.
- Sprinkle chilli flakes over fillets. Add to the pan containing the hot oil and lemon juice.
- Bake for 20-25 minutes.
- Serve with side salad.

### Warnings

**\*\*SPRING ONIONS:** Use the GREEN part only for SIBO phase 1 & FODMAP Diets

**\*\*OIL\*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

**\*\*CHILLI PEPPER (FRESH):** 11cm, 28g maximum serve per meal for SIBO phase 1 & 2

### Nutritional Information (per serving)

Calories	232
Total Fat	14g
Saturated Fat	2g
Cholesterol	69mg
Sodium	69mg
Total Carbohydrate	2g
Dietary Fibre	--
Sugars	1g
Protein	24g
Calcium	8mg
Iron	1mg
Magnesium	46mg
Phosphorus	358mg
Potassium	460mg
Vitamin C	19mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg