

BAKED FISH WITH SLIVERED ALMONDS

INGREDIENTS

- 1 piece of white fish
- $\frac{3}{4}$ cup vegetable mix - green beans, broccoli florets, zucchini
- $\frac{1}{4}$ cup onions, thinly sliced
- $\frac{1}{3}$ cup home-made or organic vegetable stock
- $\frac{1}{2}$ tablespoon fresh chopped parsley
- $\frac{1}{2}$ small clove garlic, crushed
- $\frac{1}{2}$ teaspoon of almonds, slivered
- Pinch of chopped marjoram
- Olive oil
- Sea salt to taste

VINAIGRETTE

- $\frac{1}{2}$ clove garlic, crushed
- 2 tablespoons of extra virgin olive oil
- $\frac{1}{4}$ tablespoon of lemon juice
- $\frac{1}{2}$ dessertspoon of fresh parsley, chopped
- 2 tablespoons of hot water

METHOD

Steam green vegetables until tender, strain and put aside to cool.

VINAIGRETTE

- Put all ingredients together in closed jar, shake vigorously a few minutes.
- Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes).

FISH

- Clean, wash and dry fish.
- Coat shallow casserole dish with olive oil.
- Add garlic, onions and fry gently until onions are soft and golden.
- Place fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and sea salt.
- Bake in pre-heated oven (200°C) until cooked (up to 25 minutes), baste a few times.
- Serve slivered almonds as a garnish and strained green vegetable mix from vinaigrette.



DETOX