

## Italian Herbed Fish with Broccoli

*Recipe makes 2 servings*

*Each serving = 1 protein, 1 vegetable, ½ lemon*

### Ingredients

- 200 grams White fish
- 100 grams broccoli, chopped
- 100 grams tomato peeled and cut into small pieces
- basil, thyme, oregano. Fresh or dried.
- juice of ½ lemon

### Directions

Put salt, pepper, herbs and spices in the bottom of a skillet.

Add fish and drizzle with lemon juice.

Add broccoli and tomato pieces with a few tbsp of water

Simmer until fish is thoroughly cooked.

The tomatoes simmer with the herbs and make a tomato marinara flavoured sauce.

Pour juices over fish and garnish with lemon wedge.



telephone  
email  
website

**(416) 477 - 1345**  
[info@HCGDIETCANADA.com](mailto:info@HCGDIETCANADA.com)  
[www.HCGDIETCANADA.com](http://www.HCGDIETCANADA.com)