

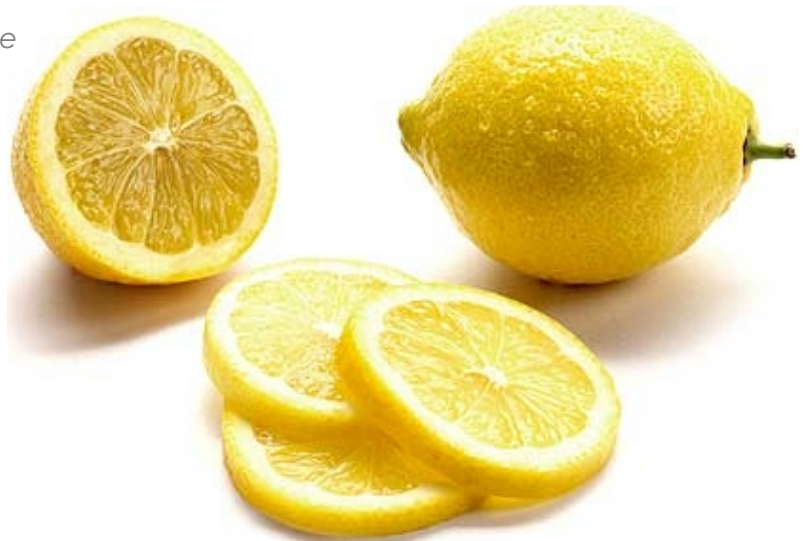
Curried Broiled Fish

Servings per recipe: 1

1 Serving = 1 protein, 1 vegetable, ½ lemon juice

Ingredients

- 100 grams hCG Diet approved whitefish
- 100 grams sliced tomato
- juice from 1/2 lemon
- 1/2-1 tsp curry seasoning



Directions

1. Preheat broiler.
2. Place fish on broiler rack.
3. Squeeze 1/2 lemon over fish.
4. Sprinkle with curry seasoning.
5. Place tomato slices on top of fish.
6. Broil 8"-10" away from broiler for 10-15 mins until tomato starts to blacken.
7. Serve.



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