

Lemon Pepper Fish

This recipe makes 1 serving
Each serving = 1 protein, 1/2 lemon

Tastes great with chicken too!



Ingredients

- 100 grams whitefish (or chicken)
- juice of half lemon
- 1-3 cloves minced garlic
- 1/2 tsp black pepper
- 1/4 tsp sea salt
- 1/4 tsp cumin powder
- 1/8 tsp turmeric

Directions

1. Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Ensure to coat both sides.
2. Cover & marinate at least 1 hour in refrigerator.
3. Preheat oven to 400.
4. Place the fish in a non-stick baking dish, & cover with the marinade.
5. Bake 10-20 minutes depending on thickness, until fish easily flakes.
6. Squeeze with lemon juice.
7. Serve.

*right:
lemon pepper chicken*

