

Lobster with Onions and Tomatoes

This recipe makes 1 serving

Each serving = 1 protein, 1 vegetable, 1 fruit, 1/2 lemon juice

I bake 2-4 pieces of fish at a time and put in individual portions in baggies. This way the fish is ready to go when I need a delicious meal in a pinch.

Ingredients

- 100 grams Lobster pieces
- ½ lemon juice
- sea salt, pepper and dill
- 100 grams onion slices
- ½ Tomato cut in pieces (serves as fruit)
- mustard and seasonings

Directions

Put onion and 2 Tbsp water in medium frying pan, cook until onion is transparent.

Add fish and drizzle with lemon juice, season with salt, pepper and seasons.

Cook on medium heat till done.

Add tomato and cook an additional 2 minutes.

Season with mustard to taste and serve.

