



## Lemon Oregano Whitefish Packet with Asparagus

*Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)*

### Ingredients

- 100g whitefish
- 100g asparagus (allowed amount)
- juice of one lemon
- 1 tsp oregano
- Dash of sea salt/pepper



### Directions

- Preheat the oven to 400F.
- Snap off woody ends of asparagus and discard.
- Tear off a large sheet of non-stick aluminum foil.
- In the center of this sheet, place asparagus spears and sprinkle with salt/pepper.
- Place whitefish on top of asparagus.
- In small bowl, combine lemon juice & oregano, and pour over fish.

Fold up edges and completely seal packet on all sides.  
Bake 10-20 minutes, until fish flakes.