

TZATZIKI PLAICE WITH GREEK SALAD



QUICK

5 mins prep
10 mins cooking
time

HEALTHY

Plaice is a good source of vitamin B12, which is essential for a healthy nervous system

FAMILY



MEALS

Delicious served with brown rice or cous cous

INGREDIENTS

- 5 plaice fillets – approx. 625g
- 10 tsp dill
- 10 tsp garlic granules
- 10 tsp olive oil
- 2 tsp salt – it seems a lot but its correct!

GREEK SALAD

- 1 red onion
- 1 lettuce
- 4 tbs black olives
- 3 tomatoes
- 200g feta
- Juice of 1 lemon
- 50 ml olive oil

METHOD

1. Put the oven onto 180°C (Fan oven)
2. Mix the salt, dill and olive oil to form a paste
3. Lay your plaice fillets on an oven tray
4. Spread the tzatziki paste evenly over your fillets
5. Put into the oven and cook for 10-12 mins
6. Make the salad by dicing the tomatoes and slicing the red onion
7. Mix with all of the other salad ingredients
8. Add juice of a lemon and the olive oil
9. Serve the fish with the salad on the side



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