

TZATZIKI PLAICE WITH GREEK SALAD



QUICK

5 mins prep
12 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 bulgur wheat or cous cous

INGREDIENTS

- 5 plaice fillets – approx. 625g
- 10 tsp dried dill
- 10 tsp garlic granules
- 10 tsp olive oil
- 1 tsp salt

GREEK SALAD

- 1 small red onion
- 1 lettuce
- ½ cucumber
- 4 tbs black olives
- 3 tomatoes
- 200g feta - cubed
- Juice of 1 or 2 lemons
- 50 ml olive oil

METHOD

- 1) Put the oven onto 180°C (Fan oven)
- 2) Mix the salt, dill, garlic granules 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 14 mins
- 6) Make the salad by chopping the lettuce, dicing the tomatoes and cucumber and slicing the red onion
- 7) Mix with all of the other salad ingredients – hold back some feta and olives to sprinkle on the top as they often end up at the bottom.
- 8) Add the lemon juice and olive oil
- 9) Serve the fish with the salad on the side



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com