

# Fish for Dinner

Fish, wholemeal bread, banana and orange

Preparing: 15 Minutes

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### Ingredients

Frozen Alaska pollock, 2 fillets 250 g  
1 Banana, peeled 150 g  
1 Orange, peeled 150 g  
Wholemeal bread, 2 slices 100 g  
Paprika powder to flavour  
Thyme to flavour



### Preparation

Cut the orange and the banana in slices. Place them on top of the bread and fish as shown. Decorate it with thyme and paprika powder.

### Preparing the bread

Cover the Bread and the orange slices with another plate turned upside down, and microwave it 5 minutes.



### Preparing the fish

Add two spoons of water to the fish. Cover with a lid. Start heat at “high”. As soon it is boiling, reduce heat to “middle”. Add small amounts of water water if necessary. Ready in 10 minutes. Place the fish on top of the Bread.



Serve it with a glass of your favourite fruit juice.

**Remember:** Add no fat, oil, margarine or sauces. Fat and oil cracks your calorie counter.

You may take any fish for this recipe. Be aware that some sorts will take less time to cook.

Healthy Recipes