

BAKED FISH WITH SWEET POTATO SLICES AND GREEN SALAD

INGREDIENTS:

- 1 small sweet potato, cut into half-moon slices
- Olive oil
- Salt and pepper
- Fish of choice, e.g., salmon, hoki, ocean trout
- 1 handful of rocket or salad mix
- 1 handful of chopped fresh herbs of your choice
- ¼ red onion finely sliced
- 1 handful of cherry tomatoes cut in half
- 1 cube of marinated goats cheese crumbled.

METHOD:

Place the sweet potato on a lined baking tray, drizzle with olive oil, salt and pepper and place in the oven to cook for 20 minutes until tender. 8 minutes later (depending on fish size), place the fish of your choice on a baking tray, sprinkle with salt and pepper and place in the oven until cooked throughout. Remove wedges and fish when cooked and serve with side salad.

In a bowl add all salad ingredients and crumble goat's cheese over and season. Serve with a slice of lemon.

