

Southwestern White Fish

Ingredients (Use organic where possible)

White Fish – 1 piece per person
Zucchini – 1 per person – zoodled
Sundried tomatoes
Black beans, pre-cooked
Garlic – 2-3 cloves
Pink Himalayan Salt
Extra-virgin olive oil



Directions

Pan fry fish in extra-virgin olive oil, about 2 minutes per side. Remove from pan.

In the same pan, add more oil if required, throw in zoodles, sundried tomatoes, garlic and salt. Cook until starting to soften, add beans and cook a minute longer. Plate and eat.

Bon Appétit!