

GRILLED WHITE FISH WITH TZATZIKI

Preparation Time: 15 – 25 minutes depending on amount

Cooking Time: 15 – 20 minutes depending on amount

Cooking Temperature: 400° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
White fish (Cod or other), fresh	2 Fillets	4 Fillets	6 Fillets	8 Fillets
Rosa tomatoes, halved	5 Medium	10 Medium	15 Medium	20 Medium
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Ground cumin	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Mint sauce	1 tsp	2 tsp.	3 tsp.	4 tsp.
Tzatziki:				
Yogurt, plain, fat free	1/3 Cup	½ Cup	1 Cup	1 1/3 Cups
English cucumber, finely chopped	¼ Medium	½ Medium	¾ Medium	1 Medium
Fresh mint, finely chopped	½ Tbs.	1 Tbs.	1 ½ Tbs.	2 Tbs.
Ground cumin	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Preheat the oven.
- Toss the rosa tomatoes in olive oil on a greased oven tray
- Mix the cumin, mint sauce and olive oil and brush this mixture onto the hake fillets.
- Grill the fish for 15 – 20 minutes or until fish is cooked through, and flakes easily.
- While the fish is cooking, mix together the yogurt, cucumber, mint and cumin to make the tzatziki sauce.
- Garnish with mint leaves.
- Serve with the fish with the tzatziki and enjoy.

Tips to Reduce Preparation & Cooking Time:

- If unable to get fresh fish, buy frozen fish and defrost them.
- Buy already made tzatziki instead of making it yourself in order to decrease preparation time.
- Make extra tzatziki and use it as a delicious topping for salads.

Grilled White Fish with Tzatziki - Analysis per Serving	
Energy:	
Calories (kcal):	259
Protein (g):	35.3
Total Fat (g):	10.0
Saturated Fat (g):	1.6
Monounsaturated Fat (g):	6.2
Polyunsaturated Fat (g):	1.5
Omega-3's (g):	0.8
Cholesterol (mg):	99.0
Carbohydrates (g):	5.6
Of which is sugars (g):	0.0
Fiber (g):	0.8
Sodium (mg):	181.0