

FISH WITH TOMATO, MUSHROOMS AND PESTO

(Eating For Sustained Energy: Liesbet Delpport & Gabi Steenkamp)

Serves 4

Ingredients:

- * 4 (120g each) hake fillets
- * 40ml basil pesto
- * 200g cherry tomatoes
- * 250g button mushrooms, quartered
- * 3 Tbsp olive oil
- * Salt and freshly ground pepper to taste
- * 3 Tbsp roughly chopped basil

1. Pre-heat oven to 200°C. Place the fish in an oven-proof dish and spread 2 tsp pesto on each fillet. Place the tomatoes and mushrooms on top and drizzle over the olive oil. Season to taste with salt and pepper
2. Grill the fish for 20 – 30 minutes or until done and flakes easily
3. Scatter basil on the hot fish and serve with couscous and vegetables or a salad

