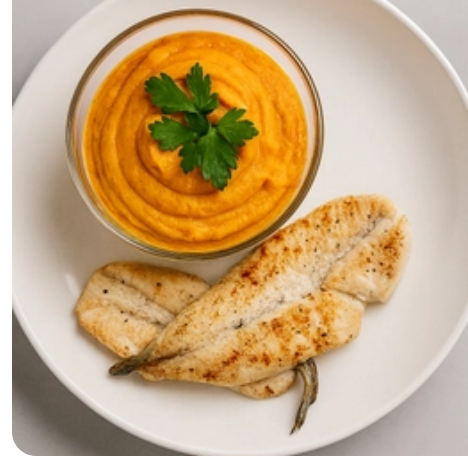




Sea Bass Fillets with Butternut Squash



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 1 palm-sized Sea Bass Fillet
- 1 hand-sized Butternut Squash, cubed
- A dash of Himalayan Pink Salt
- A dash of Black Pepper
- 1 tsp Olive Oil
- 1/2 tbsp Coconut Oil

DIRECTIONS

1. Preheat the oven to 375 degrees F (176 degrees C).
2. Cut the squash in half, remove seeds, and cut into large cubes. Leave the skin on.
3. Drizzle olive oil over squash and roast for 30 minutes.
4. While the veggies are cooking, pat the fish dry and season with salt and pepper to taste.
5. Heat a pan over medium-high heat - use a small amount of coconut oil to grease the pan. Sear the sea bass 3 minutes per side or until cooked through.
6. Remove squash from oven and serve together.

NOTES

1. You can swap the sea bass for any white fish fillet, such as cod, haddock, or halibut.

AVERAGE NUTRITION INFO

Energy : 1029 kJ / 246 Cal

Fat : 14 g

Carbs : 12 g

Protein : 20 g

Fibre : 2 g

Sugar : 2 g

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