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Easy One Pan Fish Fillet Dinner

Serves 1 or 2

Ingredients:

- Large fish fillet of choice per person (I used cod.)
- Sliced mixed pepper (red, yellow, orange, green)
- Broccoli florets
- Half an onion
- 1 clove of garlic
- Coconut oil
- Lemon, pepper, salt

Instructions

Sauté onion and broccoli in coconut oil for a few minutes.

Add chopped peppers and crushed garlic.

Place fish fillet in pan and cook until just done, turning once.

Squeeze lemon juice over fish and add a pinch of salt and pepper to taste.

Note: *I enjoy this quick easy meal without carbs, but a small amount of brown rice or quinoa is a great addition for a more hearty meal.*