

# Fish with Black Pepper

**SERVES 4**

TOTAL FAT **9g** | SATURATED FAT **<1g** | CARBOHYDRATE **28g**

This is one of MasterChef winner Brett MacGregor's healthier versions of fish and chips. It is tasty, and easy to make.



## INGREDIENTS

4 small or 2 large kumara	½ cup coconut water
2 tbsp vegetable oil	2 red chillies: 1 finely diced, 1 finely sliced
5 cloves garlic, minced	700 g firm-fleshed white fish fillets, skin left on
½ onion, sliced	1 spring onion, sliced
Pinch of salt	1 bunch silverbeet, finely shredded
1½ tbsp fish sauce	Freshly ground black pepper to taste
½ tsp reduced salt soy sauce	
½ cup water	

## METHOD

Pre-heat oven to 180C on fan bake, cut kumara length-ways into chunky wedges, season and lightly-brush with vegetable oil. Place on tray and put into the oven.

Place a frying pan over a medium heat and add the oil. Sauté the garlic until lightly golden. Layer the sliced onion on top.

Season with the salt, fish sauce, soy, water and coconut water, and turn up the heat to high to bring to the boil.

Add the finely diced chilli, taste the stock and adjust the seasoning. Reduce the heat and simmer for 10 minutes, then add the fish.

Turn over the wedges and return to the oven.

After 5 minutes, gently turn the fish over and simmer, partially covered, until the fish is just cooked through.

Continue, spooning the stock over the fish. With about 2 minutes to go add the spring onion and silverbeet, then top with the sliced chilli, and some freshly ground black pepper. Serve immediately, with the kumara wedges on the side.



## TIPS

**Top up your veggie count** by adding thinly sliced mushrooms, bok choy, green beans or capsicum.

The portions on your plate should be based on **quarter protein** (such as fish in this recipe), **quarter carbohydrates/starch** (kumara) and **half vegies**. The protein and carbs should be no larger than the palm of your hand.

**Choose a rainbow of different coloured fruits and vegetables each day**, for different vitamins, minerals and phytochemicals. By choosing fruits and vegetables from all the colours of the rainbow you are helping your body get what it needs for health and well-being.

**Eat at least 3-4 servings of non-starchy vegetables each day and 3-4 servings of fruit spread throughout the day.** A serving is generally half a cup or what fits into the palm of your hand.

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