

Poached Fish with Thyme

Ingredients

- 100 grams white fish
- ½ cup vegetable broth or water
- 2 tablespoons lemon juice
- 2 tablespoons caper juice
- 1 teaspoon apple cider vinegar
- 1 tablespoon red onion, minced
- ⅛ teaspoon thyme
- 1 clove garlic, crushed and minced
- Salt and pepper to taste

Makes 1 serving (1 protein)
20 grams protein
2 fat
140 calories

PHASE 3 MODIFICATION:

Brush fish with melted butter or olive oil. Top with a tablespoon of capers.

Directions

1. Add garlic, onion, and spices to liquid ingredients.
2. Add fish and poach for 5 minutes or until fish is cooked thoroughly.
3. Garnish with parsley and lemon.

