

Better Choices

EASE BACK INTO THE SCHOOL YEAR WITH THIS HEALTHY RECIPE FROM CLAUDINE



Claudine
CLAUDINE KEANE
Model, columnist and mom

FAVOURITE FISH FAJITAS

Ingredients

240g x fresh Cod, cut into chunks (any white fish can be substituted or prawns work great too)

1x onion sliced

1 x red pepper sliced

1 x yellow pepper sliced

1 x green pepper sliced

Drizzle of olive oil

Salt and pepper

1 x lime

2tbsp x fajita seasoning

To serve

Wholemeal wraps

Lettuce

Grated cheese

Sliced avocado

Diced tomato

Low fat sour cream

Grown Up Secret

Fajita seasoning is mild enough that most kids can eat it, but if the family can handle a bit more heat, you can spice this up with some smoked paprika or chilli powder.

Method

1. Preheat oven to 200°
2. On a large flat baking tray, mix up the sliced onions and peppers, and lay out in a single layer as much as you can.
3. Drizzle with a little olive oil and sprinkle with half the amount of fajita seasoning.
4. Lay the cod pieces on top of the veg in a single layer, drizzle each with a little oil and sprinkle the rest of the fajita seasoning over the fish.
5. Cut the lime in half and squeeze the juice all over the fish and veggies.
6. Bake in the oven for 20 min, then transfer all to a serving dish (its ok if the fish breaks up a little).
7. Serve in wraps with any combination of the above toppings, this also works really well with rice.

