



Grilled Fish with Warm Beany Salad

Fast, friendly and makes a great lunchbox too.

Serves : 2

Ready In : 10 minutes or less

Ingredients

- 2 skinless, boneless fillets of white fish
- 2 tbsp olive oil
- Juice of ½ a lemon
- Freshly ground black pepper
- 1 small red onion, finely sliced
- 1 clove garlic, grated
- 1 can (**approx 410g**) chickpeas, drained and rinsed
- 1 can (**approx 410g**) haricot beans, drained and rinsed
- 1 tbsp balsamic vinegar
- Handful of fresh herbs (**coriander, basil, parsley, etc**) chopped

Instructions

- Pre-heat your grill to a high setting.
- Brush the fish fillets with a mixture of half the olive oil and lemon juice and sprinkle with black pepper.
- Put under the grill for approx 4 minutes each side, or until cooked through.
- Heat the rest of the oil in a frying pan.
- Fry the onion for approx 2 ? 3 minutes, then stir in the garlic and beans.
- Fry for another 3 minutes, and then pour in the rest of the lemon juice and the balsamic vinegar, allow to warm through for another minute.
- Turn off the heat, and stir in the fresh herbs.
- Serve warm.

This is a great salad cold as well ? make extra fish and beans, allow to cool, and flake the fish into the salad for your lunchbox tomorrow.

Use any beans or pulses that you like from the Low GL food list.