

## Baked Fish with Warm Roast Cauliflower Salad and Tahini Dressing

Serves 4

### Ingredients:

#### Cauliflower Salad:

- 1 small or 1/2 large head cauliflower, cut in to florets
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 300g green beans
- 400g tin brown lentils, drained and rinsed
- 1 bunch coriander, roughly chopped
- 2 spring onions, finely sliced

#### Dressing:

- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- 1 tablespoon water

#### Baked Fish:

- 4 fillets white fish (about 600g total)
- 2 lemons, sliced
- 2 cloves garlic, crushed
- 1 tablespoon olive oil



### Method:

Preheat oven to 200 degrees celsius. Line two baking tray with baking paper. Boil a kettle full of water.

Toss cauliflower, olive oil and ground cumin together then spread evenly on one baking tray. Bake in oven until golden brown and cooked, about 20 minutes.

Place each fish fillet in a separate square of baking paper. Top with the crushed garlic, then lay lemon slices along the fish. Wrap up each securely as a parcel. Place all the fish parcels on the second baking tray. Bake in oven until cooked through, about 15 minutes.

Place beans in a heat-proof bowl and cover with boiling water. Leave for a few minutes, until the beans change colour slightly then drain.

In a small bowl, whisk tahini, lemon juice, garlic and water together with a fork to make the salad dressing.

Toss the beans, roast cauliflower, lentils, coriander, spring onions and salad dressing together. Serve with the baked fish.