

[Nourish Fish Bowl](#)



This veggie filled, colourful meal uses ingredients from the freezer and pantry - perfect for last minute creators!

Ingredients

425g packet frozen I&J Beer Battered Hoki Portions

400g can Edgell Black Beans, drained and rinsed

420g can Edgell Corn Kernels, drained

2 baby gem lettuce, finely shredded

200g punnet mini roma tomatoes, quartered

1 cup guacamole

450g pouch microwavable mixed grains, cooked following packet directions

Lemon infused olive oil, for drizzling (optional)

Lime wedges and fresh coriander leaves, for garnish

Method:

1. Cook frozen I&J Fish following packet directions.

2. Meanwhile, arrange remaining ingredients in serving bowls and drizzle with oil.
3. Top nourish bowls with cooked fish. Serve garnished with lime and coriander.