

Nourish Fish Bowl



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

Ingredients

425g 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.