



Recipe Ingredients ...	Quantity:	Description:
Sea trout, mixed species, flesh only, raw	<b>213g</b>	2.5x 3 oz
Lime juice, fresh	<b>5g</b>	1x Average Portion
Avocado, oil	<b>14g</b>	1x tablespoon
Mae Ploy Sweet Chilli Sauce	<b>9g</b>	1x teaspoon
Mushrooms, white, raw	<b>70g</b>	1x cup, pieces
Peppers, capsicum, yellow, raw	<b>80g</b>	1x NHS serving (1/2 pepper)
Peppers, capsicum, red, raw	<b>80g</b>	1x NHS serving (1/2 pepper)
Tomatoes, standard, raw	<b>130g</b>	1x average sized
Courgette, raw	<b>80g</b>	1x Medium portion / NHS Serving
Sweetcorn, baby, fresh and frozen, boiled in unsalted water	<b>120g</b>	5x piece
Onions, red, raw	<b>118g</b>	1x small onion
Avocado, Hass, flesh only	<b>140g</b>	1x average
Garlic, raw	<b>3g</b>	1x Average Portion
Peppers, capsicum, chilli, red, raw	<b>6g</b>	1x Average Portion
Oil, coconut	<b>9g</b>	1x teaspoon (solid)
Vegetable stock, homemade	<b>8g</b>	0x cup
Spinach, baby, raw	<b>20g</b>	1x cup

## Portions / Pack Sizes ...

Quantity:

Kcal:

Sale Price

## Cooking Instructions &amp; Notes

- 1.) SEASON SEATROUT AND COAT WITH AVOCADO OIL AND LIME JUICE.
- 2.) SEAL ON A HOT PAN, THE BRUSH WITH SWEET CHILLI SAUCE.
- 3.) PLACE SQUEEZED LIMES ONTOP OF SEATROUT AND ROAST IN THE OVEN @ 120c/250f FOR 20 MINUTES.
- 4.) PREPARE STIR-FRY INGREDIENTS
- 5.) HEAT UP PAN, ADD 2 FROZEN STIR-FRY CUBES AND WHEN MELTED ADD STIR-FRY INGREDIENTS.
- 6.) WHEN COOKED ADD SPINACH TO STIR-FRY, AND SQUEEZE THE ROASTED LIMES IN.
- 7.) PLACE SEATROUT ON A BED OF STIR-FRY AND TOP WITH SOME OLIVE OIL, ENJOY!