

Fish Filets

(wrapped in banana leaf)



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Ingredients

- 6 fish filets
- 2 carrots thinly sliced
- 1 cup of fresh spinach
- ½ onion sliced
- 1 teaspoon olive oil
- 2 tablespoon rice vinegar
- 1 teaspoon Mrs. Dash seasoning
- ½ teaspoon garlic salt
- 1 banana plant leaf. Cut in three equal sizes pieces.

Directions

Mix vinegar, Mrs. Dash, olive oil, garlic salt and use this mixture to marinate the fish.

Put one filet in the center of the banana leaf. Place spinach, carrot and onion on top and finally top with another filet. Fold in the sides of the banana leaf making a square.

Repeat with the remaining ingredients. Once you have your three bundles, steam for 20 minutes.

Remove from wrapping before serving with side of freshly sliced tomatoes.

May be served with rice.

To watch a video of this recipe click the green bar.