

Low-Carb Moroccan Fish One Tray Bake

Hands-on 10 minutes Overall 40 minutes

Nutritional values (per serving, 1 fillet + veggies): Total carbs: 14.5 g, Fiber: 4.9 g,

Net carbs: 9.6 g, Protein: 30 g, Fat: 33.7 g, Calories: 475 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 2 servings)

3 tbsp harissa paste (45 g/ 1.6 oz)

4 tbsp extra virgin olive oil, divided (60 ml)

juice from 1 lemon (60 ml/ 2 fl oz)

2 white fish fillets such as cod or haddock (300 g/ 10.6 oz)

1 medium zucchini (200 g/ 7.1 oz)

1/2 medium yellow bell pepper (60 g/ 2.1 oz)

1/2 medium red bell pepper (60 g/ 2.1 oz)

1/2 small red onion (30 g/ 1.1 oz)

10 black pitted olives (30 g/ 1.1 oz)

3-4 slices of lemon

Optional: 1-2 tbsp toasted almond flakes or pine nuts and shredded fresh mint

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Instructions

1. Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted).
2. Thinly slice half the lemon and set aside. Juice the other half and mix with the harissa, half of the olive oil, salt and half of the lemon juice to form a thin paste. Use half to baste the fish and set aside to marinate.
3. Prepare the veggies, and add to a medium sized oven proof dish. Toss with the remaining marinade.
4. Stir through olives and top with the sliced lemon. Bake 15-20 minutes. Remove and arrange the fish on top.
5. Return into the oven and bake for another 10 to 15 minutes (the exact time depends on the thickness of the fillets).
6. Drizzle with the remaining olive oil and serve immediately. Best eaten fresh but can be stored in the fridge for up to 3 days. Reheat before serving.

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