

NutritionConfidence Recipes

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(Association for Dietetics in South Africa)

Sustainably Farmed Kob Stuffed with Fennel & Orange

Recipe by Vanessa Marx, Head Chef at Dear Me Photograph by Claire Dunn

Ingredients

1 whole sustainably farmed kob	20 g chives
1 medium fennel bulb, sliced	30 g butter
1 orange	50 ml olive oil
1 lemon	Salt & black pepper
20 g dill	Tin foil

Method

- 1 Stuff the belly of the fish with the sliced fennel, chives and dill.
- 2 Slice half of the orange and half of the lemon.
- 3 Stuff the slices of citrus into the fish.
- 4 Use the remaining half of the orange and lemon for the juice, and squeeze the juice over the fish.
- 5 Rub the outside of the fish with butter and drizzle with olive oil.
- 6 Season with salt & pepper.
- 7 Wrap the fish up in 2 layers of foil.
- 8 Place on the braai over medium to low coals for about 15 minutes, then turn the fish for a further 15 minutes.
- 9 Unwrap the fish from the foil, taking care to reserve the juices which you can use to dress the fish when serving.

Serves 4



We love it!

This simple and tasty fish recipe is a wonderful way to make a gourmet meal that is also good for your health.



Dietitians say...

There are many benefits to eating fish more often. Fish includes key micronutrients: mineral phosphorus, selenium, potassium, iodine, zinc and magnesium and vitamins B2, B12 and D.

The South African Healthy Eating Guidelines emphasise the importance of fish intake - it should be at the top of your list when choosing a protein for a meal. The aim should be 2 – 3 portions of fish per week.

The nutritional value serves 4: Energy: 1459 kJ Protein: 23.7 g Carbohydrate: 9 g Total fat: 22.5 g Fibre: 4 g Sodium: 788 mg