

three streams



Ingredients:

Lightly smoked Tilapia fillets
pink pepper butter
olive oil

Lemon couscous
Watercress
Baby spinach
Broccoli sprigs
Avocado
Italian tomatoes halved
Red wine vinegar or see salad dressing recipe below

Pan fry the Tilapia fillets in a dash of olive oil with the pink pepper butter.
Fry 2 minutes aside or until the fish is cooked and flaky.

We used Woolworths Lemon couscous with citrus & saffron grains (Follow cooking instructions on packet)

Serve with watercress, baby spinach, broccoli sprigs, avocado and, tomato salad and red wine vinegar.

Salad dressing:

3 cloves garlic, crushed
2 Tbsp. fresh ginger grated
 $\frac{3}{4}$ olive oil
 $\frac{1}{3}$ cup rice vinegar
 $\frac{1}{2}$ cup soya sauce
3 Tbsp. honey
 $\frac{1}{4}$ cup water