

# Fish in Carrot-Garlic Sauce

This delicious main dish is perfect to feed one person. It is a very nutritious recipe made with fish, carrots, garlic, onions and milk that will be served with a healthy and creamy sauce.



Main Dish

**20 min**

Total time

**Easy**

Difficulty

**258**

kcal / serving

## Ingredients

- Ingredients
- 100 gr (3.5 oz) of fish fillet
- 1 medium carrot, grated
- 1/2 garlic clove, finely chopped
- 1 small onion, sliced
- 50 ml (3 tablespoons) of milk

## Steps

- 1 Place the fish fillet on a baking sheet lined with parchment paper.
- 2 Preheat the oven to 190° C (375F).
- 3 Place the grated carrot, garlic, onion and milk in a bowl and mix them together.
- 4 Place the mixture over the fish and bake in the preheated oven for about 15 minutes.
- 5 Remove the fish from the oven and serve with the carrot-garlic sauce.