

# Fish in Soy Sauce

A delicious and quick main dish with fish, garlic, olives, and pickles.



Main Dish

**25 min**

Total time

**Easy**

Difficulty

**400**

kcal / serving

## Ingredients

- Ingredients for 1 person:
- 4 oz fish fillet
- 1 tablespoon garlic, minced
- 2 tablespoons olives
- 2 tablespoons pickles, chopped
- 2 tablespoons soy sauce

## Steps

- 1 Pre-heat oven to 375°F and lightly grease an oven dish with cooking spray.
- 2 Place the fish fillet in the oven dish and sprinkle garlic, olives, pickles, and soy sauce on top.
- 3 Bake in oven for 15-20 minutes, or until the fish is cooked through.
- 4 Serve with your favorite side dish.