

Cod Nicoise

Ingredients: -

1 - onion, finely chopped

45ml/3 tbsp - olive oil

¾ lb -tomatoes, skinned and quartered

15ml/1 tbsp - tomato puree

1 - bay leaf or ¼ tsp - ground bay

Pinch salt and black pepper

4 - portions of skinned boned cod

230g/½ lb - carrots, finely chopped

½ - red pepper, chopped small

Method: -

Fry onion and diced carrot and half of red pepper in the oil for 10 minutes,

until tender.

Add the garlic, then stir in all remaining ingredients, except fish.

Turn into an oven-proof dish.

Arrange the fish on top of the vegetables.

Cover and bake for 1-1½ hours at 150°C/300°F/gas mark 2



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
