

Fast Food Family Journey blog
Recipe 'Mums & Dads evening meal inspiration'
Mary Smith

Cod Provençal

This hearty dish is a balanced meal in one bowl, is extremely healthy and tastes delicious. Tomatoes are very high in antioxidants, calcium and vitamins A & C, and the cod will count towards one out of the two portions of fish you need per week. Use any kind of fish if you don't want to use Cod - even smoked fish works in this dish.

Total prep & cooking time 12 minutes

Quantity 4 portions (eat 2 and freeze 2)

Tools Grater (e.g. coarse Microplane), large pan, measuring jug, garlic crusher.

1 red onion, grated/finely diced 2 garlic cloves, crushed	}	<i>Fry in oil for 1 minute.</i>
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500g passata (with no added salt) 1 tin of tomatoes 250ml hot veg stock 250ml hot fish stock 500g skinless cod fillet, big chunks 10 pitted black olives, chopped 3 tsp capers 2 tbsp olive oil 3 tsp white wine vinegar 2 tins of Butter Beans, drained	}	<i>Add. Bring to boil then boil gently for 3 minutes.</i>
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1 handful chopped fresh Dill, Tarragon or Parsley	}	<i>Stir through before serving.</i>
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Storage: Airtight container in fridge for 3 days. Freezes well.

This is also nice with a crusty baguette to mop up the sauce. Be careful not to break up the chunks of cod once cooked.

Free from wheat, gluten, dairy and lactose.