



**NUTRITION
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COD, TOMATO AND POTATO BAKE

Serves 2

Ingredients

800g potatoes, thinly sliced
250ml vegetable stock
400g can chopped tomatoes
2-3 garlic cloves, crushed
1 teaspoon dried oregano
2 tablespoons olive oil
4 thick cod fillets, skinned and cut into large chunks
Ground black pepper, to taste
Small handful flat leaf parsley, chopped

1. Layer the potatoes into the base of a lightly greased, medium sized, ovenproof dish. Add the stock, cover with foil and bake in a preheated oven, 190°C/gas mark, 5 for 30 minutes or until the stock is almost absorbed
2. Mix together the tomatoes, garlic, oregano and olive oil, season with pepper and spoon this mixture over the potatoes. Return to the oven and bake for 30 minutes
3. Remove the dish from the oven and arrange the fish over the top in a single layer. Season and return to the oven for 20-25 minutes or until the fish is cooked through. Remove from the oven scatter with parsley and serve.

- * Gluten free, wheat free, dairy free
- * Vegetarian
- * Can be made in advance
- * Suitable for freezing, reheat gently after defrosting.