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## Fish Casserole

**Serves 4**

### Ingredients

2x medium sized leeks, sliced,  
2x tablespoons olive oil,  
1-1 ½ lbs white fish (cod, haddock, sea bass, halibut),  
1x tablespoon fresh parsley, finely chopped,  
1-2 red peppers, chopped and de-seeded,  
4x medium sized tomatoes, chopped into quarters,  
¼ pint tomato juice,  
2x tablespoons fresh lemon juice,  
Sea salt and pepper to taste.

1. Heat the oven to 350°f/180°c/gas mark 4.
2. Stir-fry the leeks and peppers in the olive oil until they are tender.
3. Add the tomato juice and tomatoes, season and put into a casserole dish.
4. Place the fish on top then pour over the lemon juice and sprinkle with the parsley.
5. Cover and bake until the fish is cooked – between 15 and 25 minutes depending on the size of your fish portions.
6. Serve with seasonal vegetables.

\* Gluten free, wheat free, dairy free, sugar free.