

Pescado a la Veracruzana

Serves 4

Prepare 10 minutes

Cook 30 minutes

- 3 tbsp olive oil
- 1 medium onion, finely diced
- 2 cloves garlic, crushed
- 4 vine tomatoes, finely diced
- 1 red pepper, finely diced
- 1 yellow pepper, finely diced
- 1 tsp sea salt flakes
- 100g pitted green olives, drained and sliced
- 2 tbsp nonpareille capers, drained
- 2 bay leaves
- 1 tbsp dried oregano

- $\frac{1}{2}$ x 25g pack flat leaf parsley, leaves chopped
- About 500g cod fillet, skinned if liked, cut into 8 even pieces

1 Heat the oil in a large frying pan over a medium heat. Add the onion and cook until softened, about 3-4 minutes. Stir in the garlic and cook for 30 seconds more. Add the tomatoes and cook for 5 minutes until they start to break down into a sauce. Add the red and yellow peppers, stir well and cook for a few minutes more until softened. Season with the salt and a pinch of black pepper.

2 Stir in the olives, capers, bay leaves, oregano and parsley. Pour in 100ml water and bring the

mixture to a simmer. Lower the heat and cook for 10 minutes, stirring occasionally.

3 Nestle the cod pieces into the sauce and spoon some sauce over them. Cover the pan with a lid and cook for 10 minutes or longer if needed (depending on the thickness of the fillets), until the fish is cooked through, opaque and flakes easily with a fork. Discard the bay leaves and serve hot, with steamed rice, if liked.

GOOD HEALTH LOW IN SAT FAT/HIGH IN PROTEIN/7 PLANT VARIETIES

Per serving 1362kJ/325kcal/14g fat/2g sat fat/14g carbs/11g sugars/5.2g fibre/34g protein/1.4g salt/2 of your 5 a day