



Recipe
suggestions

Cod cacciatore (serves 4)

Ingredients

- > 4 x cod fillets, 200g each, pinboned
- > 2 tbsp olive oil
- > 1 onion, finely chopped
- > 2 garlic cloves, sliced
- > 70g pancetta cubes
- > 1 glass red wine
- > 2 tins chopped tomatoes
- > 2 tbsp capers
- > 10 black olives, pitted and halved
- > parsley leaves, handful

Method

- > Pre-heat the oven to 170⁰C/Gas mark 5
- > In an ovenproof dish, heat the olive oil and add the onions and garlic until soft but not browned.
- > Add the pancetta and cook for 3 mins, then add the red wine and simmer until most of it has disappeared. Add the tomatoes and season well. Simmer for 15 mins until it thickens, then stir in the capers and olives.
- > Carefully lower the cod fillets into the dish so they are submerged. Cook for 15 mins until cooked through and gently stir in the parsley.
- > Serve with couscous or roast potatoes.

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