

Mediterranean Cod Stew

Try this one-pan Mediterranean cod stew that's packed full of protein. The beans add extra fibre to make this a filling meal. Swap white beans for other types or try chickpeas. Experiment with different veggies- we like adding courgette and carrots.

INGREDIENTS

2 fillets of cod (or other white fish)
1 tbsp vegetable oil
1 onion, diced
2 cloves of garlic, minced
1 bell pepper, thinly sliced
1 400g tin chopped tomatoes
1 400g tin white beans, drained
2 tsp cumin
1 tsp smoked paprika
Juice of 1/2 lemon
Handful of fresh coriander, finely chopped
Pinch of salt
Black pepper



METHOD

1. Heat the vegetable oil in a wide-based pan, add onion and for 5-8 mins until translucent.
2. Add the garlic, bell pepper and spices, cook for another 2 minutes.
3. Add chopped tomatoes and beans, bring to a boil, reduce heat then simmer for 10 mins.
4. Meanwhile, cut the cod fillets into 4 pieces and season with salt and pepper.
5. Evenly space the cod fillets in the stew and cover with a lid. Cook for 10 minutes until fish is flakey and opaque.
6. Remove the pan from the heat and carefully remove the cod fillets onto a plate to serve.
7. Add chopped coriander and lemon juice to the stew, stir well and season to taste.
8. Spoon the stew over the cod fillets and enjoy with the remaining lemon sliced into wedges.

NOTES

Beans count as one of your five a day, and are a great source of both protein and fibre!



Serves 2



Cost per serving: £2.40



Time to make: 45 mins