

Mediterranean Cod

Ingredients

- 130g vegetables such as leeks, artichoke heart (in brine), courgette and mushroom
- 100ml vegetable stock
- 1-2 tsp herb de Provence
- salt and freshly ground black pepper
- 130g cod fillet, salmon or tuna would also work well

Preparation

1. Slice the leeks finely and cut the remaining vegetables into bite sized chunks
2. Heat a non-stick pan and add the stock, cook the leeks until they soften then add the remaining vegetables and season with herbs, salt and black pepper. Simmer for 5-8 minutes
3. Scatter the remaining herbs onto the cod and season then steam or gently dry fry in a non-stick frying pan for 3-5 minutes on each side



PHASE 2

Meal: Lunch/Dinner

Time: 15 minutes

Serves: 1