

SIMPLY COOKED WHITE FISH WITH COURGETTE TAPENADE



MINUTES TO PREPARE
10



MINUTES TO COOK
15-20



SERVES
4

INGREDIENTS

4 x 170g white fish (cod, haddock, pollock, hake or ling)

50g black pitted olives

6 sundried tomatoes

1 tablespoon sundried tomato oil

1 tablespoon oregano leaves (dried or fresh)

Juice of 1 lemon

25g Parmesan, grated on the fine grate

100g courgette, grated on the large grate

Salt and pepper

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Line a roasting tray with baking parchment.
- 3 Place the black olives, sundried tomatoes, sundried tomato oil, oregano leaves and lemon juice in food processor or blender and blitz to a coarse paste. Season well with salt and pepper.
- 4 Grate in the Parmesan and courgette and stir.
- 5 Next, place the fish fillets on the baking paper in the roasting tray. Put a tablespoon of the tapenade on each fish fillet and gently push down with the back of the spoon.
- 6 Place in the oven and cook for 15-20 minutes depending on the thickness of your fish. The fish is cooked when the juices run white and the fish flakes apart with a fork.
- 7 Serve with wilted greens or lightly boiled samphire.

"Once you're confident cooking simple white fish in the oven such as cod, haddock and pollock, it's fun to start playing around with flavours, textures and flavours. This light tapenade includes courgettes to help use up the summer glut, but it is equally delicious at any time of the year."

"If you have any leftover tapenade, try using it as a condiment alongside cheese, ham, cold meats, eggs, the list goes on.... ! It is absolutely delicious"