



Fish & Kale Creole

Serves: 4

Preparation time: 10 minutes

Cooking time: 20 minutes

- 200g bag ready prepared kale
- 1 tbsp oil
- 1 onion, chopped
- 1 tbsp Cajun seasoning
- 195g can sweetcorn, drained
- 400g can chopped tomatoes
- 400g cod, cut into large chunks
- 227g can pineapple slices in natural juice, cut into chunks

Method:

Cook the kale in boiling water for 5 minutes.

Heat the oil in a large saucepan and fry the onion for 5 minutes. Add the Cajun seasoning and sweetcorn for 1 minute. Add the tomatoes, kale and 150ml water, cover and simmer for 5 minutes.

Add the cod and pineapple simmer for a further 5 minutes until cooked through.

Serve with mashed potato.

Nutritional information:

- 178kcal
- 22g protein
- 4.6g fat (of which 0.6g saturated fat)
- 12.4g carbohydrate (of which 11.2g sugar)
- 3.2g fibre
- 1.6g salt