



Roasted Cod on Cavolo Nero

Serves: 4

Preparation time: 10 minutes

Cooking time: 15–20 minutes

- 4 x 150g cod fillets
- 25g capers
- 25g black olives, sliced
- 3 tbsp extra virgin olive oil
- 300g vine on cherry tomatoes
- 400g Cavolo Nero, shredded
- Half x 15g pack chives, chopped
- Half x 20g pack parsley, chopped

Method:

Preheat the oven to 200°C, gas mark 6.

Place the cod on a greased baking tray. Mix together the capers, olives and oil, season and spoon over the fish. Add the tomatoes to the baking tray. Bake for 15–20 minutes.

Meanwhile, boil the Cavolo Nero for 6–8 minutes. Drain and return to the pan. Stir in the herbs and the juice from the cod. Divide the Cavolo Nero between 4 plates and top with the cod and tomatoes.

Tip: Replace the olives with some chopped herbs and sun-dried tomatoes.

Nutritional information:

- 230cals
- 29g protein
- 11g fat (of which 1.5g saturated)
- 4.5g carbohydrate (of which 4g sugar)
- 2.5g fibre
- 0.9g salt