

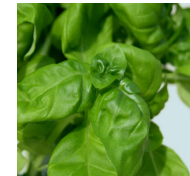
Red pesto cod & roasted vegetables



This combination of fish with roasted vegetables works really well, you can use any firm white fish, and vary the vegetables according to season. Courgette, olives and sweet potato are good alternatives. Try serving with brown Basmati rice and steamed broccoli

serves 2 - just double the amount for 4

2 pieces of firm white fish (about 100g each)
6 plum tomatoes halved
2 small red onions quartered
1 red pepper roughly chopped into large pieces
120g shiitake, maitake or reishi mushrooms
1 aubergine sliced
olive oil
2 tablespoons red pesto
fresh basil



Preheat the oven to 220 C/gas 7. Place the onions and peppers in a baking dish, drizzle with olive oil and cook for 15 minutes (these vegetables take longer to cook than the fish and need a head start). After 15 minutes spread the red pesto onto the cod. Remove baking tray and add remaining vegetable, place the cod in the centre of the dish, add a little more olive oil to the vegetables and cook for a further 20 minutes - giving the vegetables a quick stir half way through to coat them in the juices and oil. Serve with plenty of fresh basil.

NUTRITION NOTE

Cod is a source of Omega 3 fatty acids, and the mineral selenium which research has shown can be protective against some forms of cancer. Fish is a valuable source of protein and is low in saturated fats. Red and purple vegetables are bursting with immune boosting antioxidants. The more colourful the better.

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