

# Cod & Chorizo Bake

The search is over, you can all stop looking. This is the best tray bake meal ever, your welcome hahahaha.

In all seriousness tho if you love a traybake but you're fed up with the standard sausage or chicken bakes you need to give this recipe a go.



**Serves:** 2

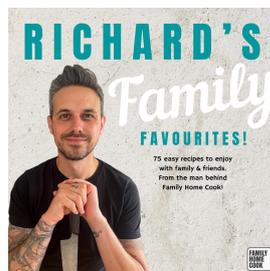
**Prep Time:** 10 minutes

**Rest/Marinate Time:** 0

**Cooking Time:** 30 minutes

## Ingredients

- 2 x 180g cod fillets, boneless and skinless.
- 400 g cannellini beans, including the juices.
- 1 small red onions, cut into quarters.
- 20 g of pitted Kalamata black olives.
- 40 g fresh breadcrumbs or panko.
- 100 g cooking chorizo sausage, cut into 1 cm slices.
- 50 ml of water.
- 80 g of mixed cherry tomatoes, sliced in half.
- 1 tsp of fresh thyme leaves.
- Zest of 1 lemon.
- A handful of fresh parsley, roughly chopped.
- Chilli flakes, optional to taste.
- Extra-virgin olive oil.
- Sherry vinegar.



Find this recipe on page 46 of [my book](#).

## Method

- In a small ovenproof dish add all the ingredients apart from the fish, parsley, breadcrumbs and half of the chorizo. Season with salt and pepper, drizzle with the oil and vinegar and pop into a preheated oven set at 200°C for 15 minutes.
- In a food processor place the breadcrumbs, lemon zest, a little drizzle of the oil, the remaining chorizo, season and whizz for a minute to create a nice crumb. Season both sides of the fish and cover the top sides with the crumb.
- Once the 15 minutes are up remove from the oven and sit the cod on top and pop back into the oven for around 15 minutes, depending on the thickness of the fish. The fish should flake easily.
- Once done give it a drizzle with the olive oil, sprinkle with the parsley and enjoy with a nice baguette for mopping up all the juices, a side salad, a big dollop of aioli and a glass of chilled white wine.