

Mediterranean Fish Bake

This is my super easy and super fast Med bake. One bite and you will be instantly transported somewhere on the Mediterranean.

This is a great recipe for when time isn't on your side. Start to finish in under 25 minutes and only one dish to wash up when you're done.



Serves: 4

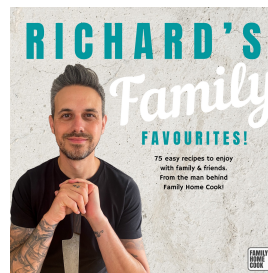
Prep Time: 5 minutes

Rest/Marinate Time: 0

Cooking Time: 25 minutes

Ingredients

- 600 g of cod loin, cut into 4 portions.
- 1 medium red onions, sliced.
- 100 g of green olives.
- 400 g of passata.
- 3 roasted red peppers, from a jar.
- 1 lemon.
- 2 tsps of smoked paprika.
- 30 ml of double cream, optional.
- A mix of fresh herbs, chopped for garnish.



Find this recipe on page 64 of [my book](#).

Method

- Into a food blender add the passata, peppers and season. Take the lemon, zest the skin (save for later) and squeeze in the juice. Give it a whiz for 30 seconds, then leave it to one side.
- In an ovenproof dish add enough olive oil to just coat the bottom. Add the onions, season and gently fry over low heat for 8-10 minutes. Once the onions are nice and soft add the paprika and give that another minute.
- Next, pour in the tomato mixture along with the olives, give it a mix then bring up to a simmer. Lay the cod in the sauce, season the top and pop into a preheated oven set at 180°C for 10 minutes. Depending on how thick the fish are they may take a little longer. Once out of the oven leave to rest for 2 minutes.
- If you are using the cream carefully remove the cod from the dish and pour in the cream. Mix into the sauce then return the fish. Finish off with the fresh herbs, sprinkle the lemon zest over the fish and serve.