



Cod on a bed of Smokey Butter Beans

Serves 2

Prep time: 5 minutes

Cooking time: 20 minutes

Per portion

Calories: 401

Fat: 9g

Saturates: 3.1g

Carbs: 27.2g

of which sugars: 12g

Fibre: 9.6g

Protein: 51.7g

Salt: 1.6g

Ingredients:

- 2 x 200g skinless cod fillets
- 1 medium red onion, peeled and finely diced
- 1 x 400g can of chopped tomatoes
- 1 x 400g of butter beans, drained
- 1 clove of garlic, peeled and finely diced
- 2 tsp smoked paprika
- a little fresh parsley for garnish

Instructions:

Preheat the oven to 180C, 350F, Gas Mark 4.

Cook the chorizo in a small pan for 2-3 minutes, then add the onion, garlic and pepper, and fry gently until soft. Add the tomatoes, paprika, butter beans, and black pepper.

Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.

In the mean time place the fish in an ovenproof dish and place in the oven, cook for 15 mins.

To serve divide the smokey beans between two warm plates and top each with a piece of cod and garnish with the parsley.