

## Cod & Clementines



**Serves 2    Prep 10 mins**

**Cooking 30 mins**

**Easy**

### Ingredients

5 tbsp olive oil  
½ onion, diced  
1 tbsp tomato puree  
1 tsp salt  
200ml water  
½ tsp turmeric  
1 tsp paprika  
1 tsp ground cumin  
2 clementines, peel of both, juice of one  
300g cod fillets  
A handful of parsley, finely chopped  
Basmati rice, to serve

1. Heat the oil in a medium pan over a medium heat. Once hot, add the diced onion. Turn the heat down and cook gently until the onions are soft.
2. Add the tomato puree, salt and water. Cook for 5 minutes over a low heat. Then add the turmeric, paprika and cumin, and cook for another 5 minutes. Keep adding small amounts of water if it starts to catch on the bottom.
3. Slice the clementine peel and add this to the pan. Cook for 10 minutes, until the peel is soft and almost falling apart, then mash it.
4. Add the fish, cover and cook for 10 minutes over a low heat.
5. Squeeze in the clementine juice. Once the fish is cooked, take the pan off the heat and sprinkle over the chopped parsley. Serve with hot basmati rice.