

Herby Cod Bake



Serves 2

Prep 10 mins

Cooking 10 mins

Easy

Ingredients

4 tbsp natural low-fat yoghurt
2 tbsp sun-dried tomato pesto
2 tbsp chopped fresh parsley
2 cod or haddock fillets, ± 175g each,
skinned
salad and baguette, to serve

For the red pesto

7g pine nuts
65g semi-dried tomatoes in oil,
drained
1 tbsp parsley
32ml olive oil
7g Parmesan

1. Preheat the grill. Mix the yoghurt, pesto and 1 tbsp of the parsley. Season and pour over the fish fillets in a shallow ovenproof or microwavable dish, covering them completely.
2. Grill the fish for 10 minutes without turning, or until the fillets are cooked through or cook in the oven for 15-20 minutes. Or cover the dish with cling film and microwave for 3 minutes on High. Sprinkle the remaining parsley over the dish and serve with salad and slices of baguette.