

# Mecklenburger Fish Bake



**Serves 1 - 2    Prep 10 mins    Cooking 12 - 15 mins    Easy**

## **Ingredients**

750g cod fillet  
3 tomatoes, sliced  
50g smoked ham, diced  
1 - 2 apples, diced  
1 pickled gherkin, diced  
1 onion, diced  
100g Cheddar cheese, coarsely grated  
1 tbsp chopped parsley

1. Preheat the oven to 170C Fan plus.
2. Grease a 30cm diameter soufflé dish, and arrange the sliced tomato in the bottom. Place the fish fillets on top.
3. Mix together the smoked ham, apple, gherkin, and onion and spread over the fish. Scatter the cheese and parsley over the top and bake until golden.