



EASY FISH BAKE

Ingredients

- 500g white fish, (haddock, cod, whiting etc), cut into 6-8 pieces
- 1½ tablespoons olive oil
- 3 garlic cloves, finely chopped
- 1 lemon (or you can use bottled lemon juice)
- ½ teaspoon salt and ¼ teaspoon pepper
- 1 tablespoon thyme
- ½ onion, thinly sliced
- 2 leeks, thinly sliced
- 750g baby or cherry tomatoes (or you can use thinly sliced salad tomatoes)

Method

1. Preheat oven to 200C (400F) (Gas mark 6)
2. Mix oil, garlic, salt, pepper, thyme and lemon zest (if using)
3. Coat the fish and set aside
4. Place onion and leek in a lightly oiled baking dish and drizzle with lemon juice.
5. Sprinkle on salt and pepper and top with tomatoes
6. Place in oven for 30-35 minutes, giving dish a good shake halfway through
7. Place fish pieces on top and drizzle over any remaining marinade
8. Put back in the oven until fish cooked, about 7-8 minutes
9. Remove from oven. Drizzle with a little more lemon juice and scatter over thyme
10. Serve with crusty bread (or your choice of accompaniment)

