

# MACE



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## **Sun-dried Tomato Cod with Baby New Potatoes**

### **Serves 2**

This recipe can be used for any type of fish and even frozen fillets will work brilliantly – just check packet instructions for cooking times but as a rough guide give them an extra 8-10 minutes.



### **Ingredients**

500g baby new potatoes  
2 boneless and skinless cod fillets, skinned (or use any firm fish fillets such as hake, cod, haddock or salmon, about 150-200g per portion)  
2 tbsp sun-dried tomato pesto  
200g sugar snap peas  
½ lemon (optional)  
salt and freshly ground black pepper

### **Method**

Place the baby potatoes in a saucepan half filled with water and add a pinch of salt. Bring to the boil and then reduce the heat and simmer gently for 15-20 minutes or until completely tender. Check by piercing a piece with the tip of a sharp knife - it should go in with no resistance.

Preheat the oven to 180C / 350F / gas mark 4. Place the cod fillets in a small baking dish and smear over the sun-dried tomato pesto and season with pepper. Wrap up to enclose and bake for 10-12 minutes or until cooked through and tender. To test the cod is cooked, make a small cut with a small sharp knife to see if the flesh has turned from translucent to opaque.

Meanwhile, put the sugar snap peas into a saucepan fitted with a petal steamer and season with salt. Place on a medium heat to cook for the last minute or two before the potatoes are ready until just tender but still with a little crunch.

Arrange the sun-dried tomato cod on plates with the baby new potatoes and sugar snap peas. Cut the lemon into wedges, if using and use as a garnish to serve.

### **Prepare Ahead**

The fish can be prepared with the topping and kept covered with clingfilm for up to 2 days on the bottom shelf of the fridge. It could also be frozen very successfully for up to 2 weeks. Simply flash freeze on a plate lined with parchment and once frozen transfer to a suitable container. To cook, either defrost at room temperature for 4 hours or cook from frozen and allow an extra 8-10 minutes until piping hot.

