



Cod with Tomato and Chorizo Sauce

4 Servings

Ingredients:

1 tbsp olive oil, 1 garlic clove sliced, 200 gr Chorizo cut into matchsticks, a pinch of chilli flakes, 400g tin chopped tomatoes, 2 thick Cod fillets or other chunky white fish, green beans cooked to serve.

Method:

Heat the olive oil in a pan then cook the garlic and Chorizo for a few minutes. Add the chilli and tomatoes and simmer for 10 minutes until thickened, season. Meanwhile rub the fish with a little more oil, season and grill or steam until cooked through, about 4-6 minutes. Serve the fish with the sauce and green beans.

