

Grilled Cod RECIPE

Grilled Cod



<?xml version="1.0"?>

TIME

35 mins

INGREDIENTS

8 items

MAKES

2 servings

This grilled cod is light and quick to make. Great to eat alone or serve to friends. SHARE

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INGREDIENTS

- Ben's Original™ Tomato And Basil Microwave Rice 220g
- 1tbsp Olive Oil
- 2 Cod Fillets, skin removed

- 1 White Onion, chopped
- 150g Cherry Tomatoes, halved
- 1 Garlic Clove, crushed
- 2 Anchovy Fillets, chopped
- 110g Green Beans, trimmed

INSTRUCTION

1. 1

Preheat the oven to 200C. Place the oil, onion, tomatoes, garlic and anchovies in a baking tray with seasoning and toss together. Bake in the oven for 15 minutes until the tomatoes are beginning to break down and onions are soft.

2. 2

Nestle the cod fillets in the tomato mixture without covering the top, so it can caramelise. Bake for 15 minutes more, until the cod flakes and is cooked through.

3. 3

In the last 5 minutes of baking bring a small pan of water to the boil with a pinch of salt. Add the green beans and blanch for 3-4 minutes until they still have a bite.

4. 4

Just before serving, heat the Ben's Original™ rice according to pack instructions. Place a fillet of cod on each plate and top with the baked tomato mixture. Add the beans and rice to the plate and enjoy!

NUTRITION

Amount Per Serving

- Carbohydrates (g) 50
- Cholesterol(mg) 104
- Dietary Fiber (g) 6.5
- Energy (kJ) 2064
- Protein (g) 42.2
- Sugars (g) 11
- Total Fat (g) 11.9
- Saturated Fat (g) 1.7
- Salt(g) 1.3
- Sodium (mg) 520
- Trans Fat(g) 0

Categories:

Tomato and Basil, Bake, 30 - 45 MIN, Fish, Quick & Healthy, Easy family dinners.

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Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items

SEE DETAILS

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Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items

SEE DETAILS

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Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

SEE DETAILS

Source URL: https://uk.bensoriginal.com/rice-recipes/baked-cod