Grilled Cod
RECIPE

Grilled Cod



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.

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. 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. 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. 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. 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.

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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