

Mediterranean Fish Bake

Serves 4

- 500g white fish (I used a mix of Cod and Haddock), chopped into chunks
- 1 red onion, sliced
- 2 cloves of garlic, sliced
- 1 tsp. paprika
- 1/4 tsp smoked paprika
- 1/4 tsp chilli powder/cayenne pepper
- 1 tin of plum tomatoes
- Fresh Thyme leaves
- 1 tbsp. balsamic vinegar
- 1 tbsp. capers
- Roasted red pepper, sliced (I used half a pepper, I placed a red pepper over the hob flame until all sides were black and charred. Then place into a bowl and cover with cling film. Let this steam for 20 minutes the you can easily scrape the skin away and slice to use)
- Handful of kalamata black olives
- sea salt & cracked black pepper
- 1 Lemon, sliced
- Extra Virgin Olive Oil
- Flat Leaf Parsley

Method

- Sauté the onion until soft.
- Add the garlic and cook for a minute before adding the spices.
- Add the tin tomatoes, crush up a little with a spoon.
- Sprinkle in the thyme and add the vinegar.
- Mix in the capers and season well.
- Pour the sauce into a baking dish and sprinkle over the olive and the red peppers.
- Add the chunks of fish and place a piece of lemon on top of each.
- Sprinkle a little extra smoked paprika and a drizzle of the olive oil.
- Cook in the oven for 25 minutes.
- Serve with a sprinkle of parsley.