



Allotment Gardening In North Essex -- At Home In The Kitchen

Baked Cod on Bed of Roasted Vegetables

Ingredients: 2 portions

2 portions of Cod
340g 12oz of mixed vegetables
(carrot, mushrooms, onion, beans,
garlic, tomatoes, courgette)
Teaspoon of mixed herbs
2 Tablespoon of olive oil
12g 1/2oz of butter
12g 1/2oz flour
salt and pepper to taste

Method:

1. Collect all ingredients.
2. Wash and prepare vegetables
3. Cut carrots, onion and courgettes into wedges and leave all other vegetables whole.
4. Place vegetables in a suitable dish for roasting with the 1 tbsp olive oil, salt and pepper, and mixed herbs. combine together so that all ingredients are mixed.
5. Place in an oven 200c for approx 45 min or until all vegetables are cooked.
6. Meanwhile prepare the fish by removing the skin and cutting into portions, the size of your choice (see pictures for preparation)
7. Add oil and a little butter to pan and heat
8. place flour on a plate and add salt and pepper
9. place the presentation side of the fish into the flour.
10. Shake off surplus flour and place the presentation side of the fish into the hot butter and oil.
11. When nice and brown gently remove fish and place on top of the roasted vegetables.
12. Place back into the oven to finish cooking approx 10 min
13. Serve