

## Steamed Cod with Cous Cous Week 1

### **Ingredients:**

- 3 tablespoons vegetable oil
- 1 small onion (finely chopped)
- 1 garlic clove (minced)
- 1 red bell pepper (seeded, cored and thinly sliced)
- 400g can chopped tomatoes
- skinless cod fillets

### **Method:**

Heat the 3 tablespoons vegetable oil in a large frying pan. Add the finely chopped onions and cook gently for 4 minutes until soft but not brown, watch carefully to make sure it does not burn. Add the minced garlic and cook for another minute.

Add the pepper slices and cook for another minute. Add the tomatoes. Turn the heat to medium and bring to a gentle simmer, reduce the heat, and cook for 10 minutes.

Meanwhile, the cod fillets Steam the cod fillets in a steamer for 4 to 6 minutes.

Place the pepper and tomato sauce in a serving dish and lay the fillets on top and serve with green beans or any other seasonal vegetable.

This dish needs to be cooked fresh; it does not freeze well