Posted on 8 November 2017

by Liz Robb

Recipe: Baked Cod In Tomato And Courgette Sauce

Ingredients

1 red onion
2 large cloves of garlic
1 large courgette
2 tablespoons of olive oil
Half a teaspoon of hot paprika*
400g canned chopped tomatoes
100ml vegetable stock
A level teaspoon of sugar
Salt
Black pepper
A few sprigs of fresh thyme
2 fillets of cod
A knob of butter
A few sprigs of fresh basil

Servings
2
Person

Preparation

1. Peel, halve and finely slice the onion. Peel and finely slice the garlic. Halve the courgette lengthwise and chop into pieces, not too thinly.
2. Preheat the oven to 220 degrees, or 200 degrees fan oven.
3. Heat the oil in a large deep frying pan. Saute the onion gently for a minute or two then add the garlic and the courgettes. Cook for 8-10 minutes, turning the courgettes to lightly brown both sides.
4. Sprinkle over the paprika and stir, then add the chopped tomatoes. Stir in the hot stock and the sugar then season with salt and black pepper. Pull the leaves from the thyme and stir them in too. Simmer gently for about 10 minutes.
5. Spoon the tomato and courgette sauce into a small rectangular baking dish. Remove any remaining skin or bones from the cod fillets and then place them on top of the sauce, pressing gently to embed them but leaving the top of the fish showing.
6. Dot the top of the cod with butter then bake for about 15 minutes, or until the fish is cooked through.
7. Finely chop the basil leaves and scatter over the dish as a garnish. Serve with rice and green beans, couscous, potato wedges, or simply fresh crusty bread to mop up the sauce.

Cooks Note

This healthy dish of baked white cod in a spicy sauce, thick with courgettes and tomatoes, is just right for a nourishing and tasty midweek dinner. I used a really hot Hungarian paprika, so half a teaspoon was enough. Add a little more if you have a milder paprika, or use chilli instead if you prefer. You could use haddock or any other white fish instead of cod, or perhaps use prawns instead. Try including other vegetables such as celery or peppers, or add a handful of olives.