

# Mediterranean Fish

This is a lovely, simple evening meal which combines the flavours of the Mediterranean with delicious white fish. Serve it with plain boiled rice and a salad, or with a selection of vegetables.



Fish\*

Nutritional information per portion (321g):

Energy	Fat	Saturates	Sugars	Salt
546kJ 130kcal 7%	4.5g 6%	0.6g 3%	6.7g 7%	0.39g 6%

of an adult's reference intake.  
Typical values per 100g: energy 170kJ/40kcal.

## Equipment

Chopping board  
Sharp knife  
Garlic press  
Frying pan with a lid  
Measuring spoons  
Can opener  
Large spoon for stirring  
Pan stand  
Small plate  
Knife and fork

## Ingredients

**Serves 4**  
1 medium onion  
2 cloves garlic  
1 x 15ml spoon olive oil  
2 x 400g cans chopped tomatoes  
1 bay leaf  
4 x 100g pollock steaks  
OR other white fish  
Ground black pepper (optional)  
Small bunch flat leaf parsley

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- The more you crush the garlic, the more flavour it will release, so it's worth putting it through the garlic press a couple of times. Make sure you get every last bit out and into your tomato sauce!

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## Method

1. Peel and finely slice the onion.
2. Peel and crush the garlic.
3. Turn on the hob to a medium heat and heat the oil in the frying pan. Add the onion and garlic and fry them gently for 10 minutes until they are soft.
4. Add the tomatoes and the bay leaf. Once the sauce is bubbling, turn down the heat. Allow it to cook, uncovered, for at least 20 minutes, stirring it every 5 minutes, until it becomes thick and slightly darker red in colour.
5. Carefully place the 4 fish steaks in the pan and spoon a little of the sauce around and over them.
6. Sprinkle ground black pepper to taste (if using) over the top of the fish.
7. Put the lid on the frying pan, turn the hob to its lowest setting and gently cook the fish for about 10 minutes.
8. While the fish is cooking, wash and dry the parsley, then chop it finely.
9. Test to see that the fish is cooked by removing one of the steaks, placing it on a small plate and cutting into it with a knife and fork. If the fish has gone white all the way through, it is cooked and ready to serve.
10. Return the fish to the frying pan, sprinkle over the parsley and serve.

## Something to try next time

- For extra flavour, add in 2 peppers sliced into 2–3cm pieces (green and yellow) at step 3. For an extra kick, you could also add a finely chopped green chilli or a pinch of chilli powder.

## Prepare now, eat later

- Peel and slice the onion and keep it in a plastic bag in the fridge for up to 2 days.
- The tomato sauce keeps in a fridge for up to 2 days or freeze it for up to 3 months. Defrost the sauce thoroughly and reheat until piping hot. Add the fish 10 minutes before serving and sprinkle with parsley to serve.

### Skills used include:

Washing, measuring, peeling, chopping, crushing, boiling/simmering, poaching and serving.