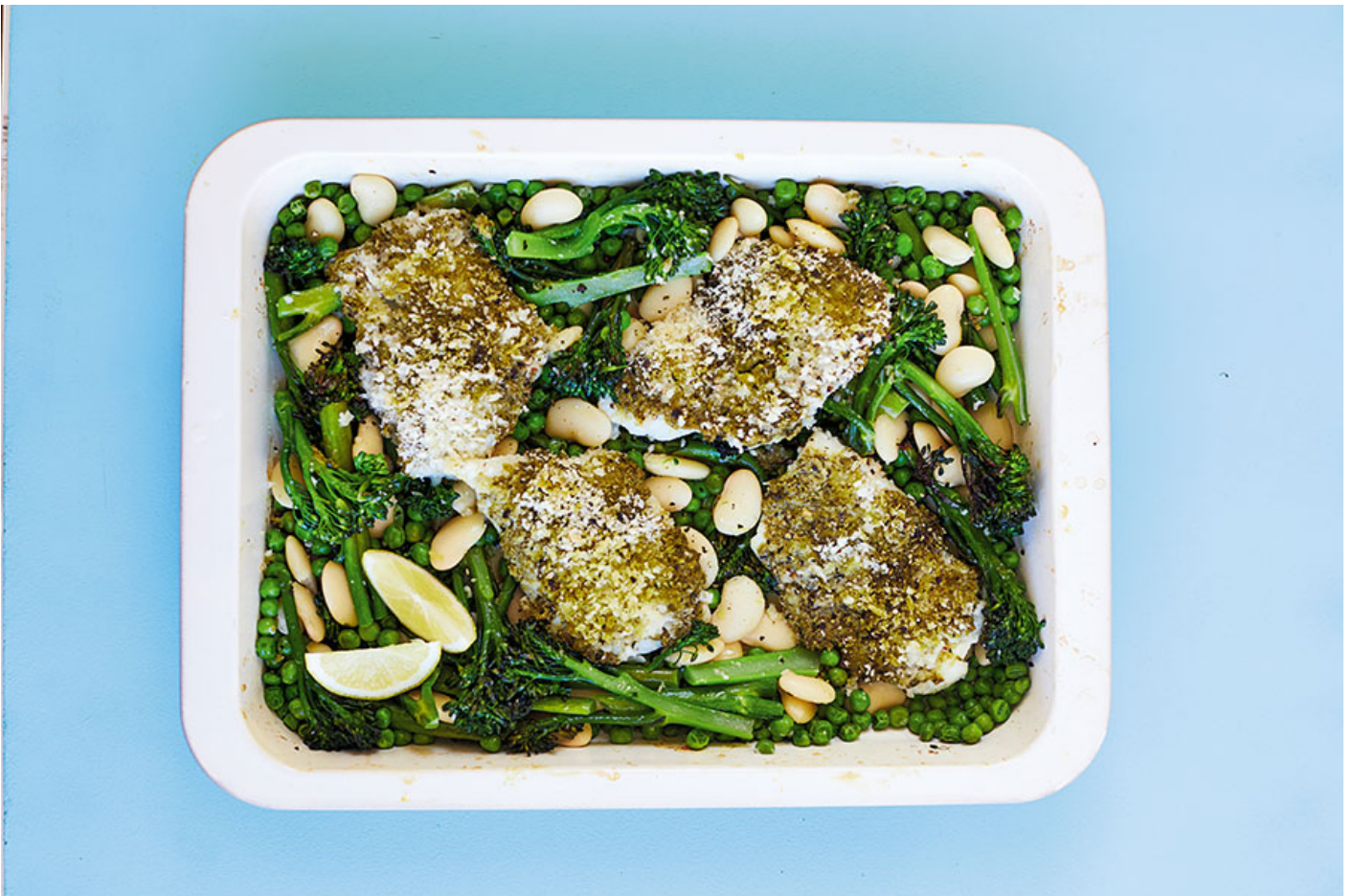


Crispy Baked Cod With Herby Broccoli, Peas and Beans



Ingredients

- 300g Tenderstem or ordinary broccoli
- 300g frozen peas
- 2 courgettes, cut into 5mm half moons
- 2 tbsp olive oil
- 1 tsp sea salt (optional)
- freshly ground black pepper
- 4 cod fillets
- 4 tsp green pesto

- 4 heaped tbsp panko or white breadcrumbs
- 1 x 400g tin of butter beans, drained and rinsed
- 1/2 a lemon, zest and juice
- a large bunch of fresh basil leaves, finely chopped

Method

1. Preheat the oven to 200C/180C fan/gas 6.
2. Pop the broccoli into a bowl, tip a kettleful of boiling water over it and leave to sit for 2 minutes, then drain well. (If the stems are very thick, halve them lengthways.) If using ordinary broccoli, skip this step.
3. Mix the broccoli, frozen peas and courgettes in a large roasting tin along with 1 1/2 tablespoons of the olive oil, the sea salt (if using) and a good grind of black pepper. I like to add the butter beans at the end, to just warm through in the residual heat of the roasting tin, but if you'd prefer them piping hot, stick them in now.
4. Lay the cod fillets over the vegetables, spread each with 1 teaspoon of pesto, scatter over the breadcrumbs, then drizzle with the remaining 1/2 tablespoon of olive oil. Grind over some black pepper, then transfer to the oven and roast for 20-25 minutes (20 if your cod fillets are quite thin, 25 if they are a little thicker).
5. Once cooked, stir in the butter beans (if you haven't already), lemon zest, juice and fresh basil and serve the crispy baked cod hot.

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