

# Atlantic Cod, Prawns & Samphire

Recipe by Claire Sambolino BANT Registered Nutritionist ®



#### **MACRONUTRIENT VALUES PER 100G**

Nutritional values per 100g			
	PER 100G %RI		
Energy (kj)	459 kj	5%	
Energy (kcal)	109 kcal	5%	
Fat	4.4 g	6%	
of which saturates	0.6 g	3%	
Carbohydrate	2.6 g	1%	
of which sugars	0.8 g	1%	
Fibre	0.5 g	2%	
Protein	14 g	28%	
Salt	1.1 g	18%	

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### Ingredients (serves 4)

4 x 120g cod fillets (FISH),

3-4 large raw prawns per person (CRUSTACEANS),

200g fresh samphire, rinsed in cold water

10 cherry tomatoes, quartered

1 handful of small black olives approx. 15 olives,

2 tbsp extra virgin olive oil,

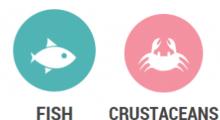
freshly ground black pepper

## Method and cooking time10 mins prep, 20 mins cooking

- Pre-heat oven to 220C/180Cfan/gas 6. Brush and ovenproof dish with the oil.
- Place the cod fillets and prawns into the dish.
- Cover with the samphire, tomatoes and olives.
- Cover with baking paper / foil and place into the oven to bake for 15-20 mins. Remove the paper, and leave to cook for a further 5 mins.
- 5. The cod should flake easily once cooked. Test one fillet before removing them all from the dish. Leave to cook for an extra couple of minutes if required.

**Serving suggestion:** Fresh lemon and a mixed leaf side salad.

#### **ALLERGENS**



**MODIFY** 

Switch cod for any white fish fillet

## **CREDIT**

Recipe by: Claire Sambolino Photo by: Claire Sambolino

