



## Herb & garlic baked cod with romesco sauce & spinach



Prep: 10 mins  
Cook: 20 mins



Easy



Serves 2



## Ingredients

2 x 140g skinless cod loin or pollock fillets

1 tbsp rapeseed oil, plus 2 tsp

1 tsp fresh thyme leaves

1 large garlic clove, finely grated

½ lemon, zested and juiced

1 large red pepper, sliced

2 leeks, well washed and thinly sliced

2 tbsp flaked almonds

1 tbsp tomato purée

¼ tsp vegetable bouillon powder

1 tsp apple cider vinegar

100g baby spinach, wilted in a pan or the microwave

## Method

**Step 1** Heat oven to 220C/200C fan/ gas 7 and put the fish fillets in a shallow ovenproof dish so they fit quite snugly in a single layer. Mix 1 tbsp rapeseed oil with the thyme and garlic, spoon over the fish, then grate over the lemon zest. Bake for 10-12 mins until the fish is moist and flakes easily when tested.

**Step 2** Meanwhile, heat the remaining oil in a non-stick pan and fry the pepper and leeks for 5 mins until softened. Add the almonds and cook for 5 mins more. Tip in the tomato purée, 5 tbsp water, the bouillon powder and vinegar, and cook briefly to warm the mixture through.

**Step 3** Add the juice of up to half a lemon and blitz with a stick blender until it makes a thick, pesto-like sauce. Serve with the fish and the wilted spinach.