

MONDAY

Tuscan baked fish with orzo

SERVES 2 **DF** HANDS-ON TIME 15 MINS TOTAL TIME 30 MINS

- | | |
|---|---------------------------------|
| 2 x 125g cod fillets
or other white fish | 40g pitted olives,
quartered |
| 3 tsp olive oil | 1 tsp white wine
vinegar |
| 1 onion, sliced | 1 tsp caster sugar |
| 250g cherry
tomatoes,
quartered | 125g orzo or giant
couscous |
| 1-2 tbsp capers,
drained, to taste | 40g wild rocket |

- 1 Preheat the oven to 200°C, fan 180°C, gas 6. Put the fish in a baking dish. Heat the oil in a medium pan; fry the onion with a pinch of salt for 5 minutes, without browning. Add the tomatoes, capers, olives, vinegar, sugar, 2 tablespoons of water; season. Cook for 2-3 minutes until starting to soften. Pour over the fish; bake for 15 minutes or until the fish is cooked.
 - 2 Meanwhile, rinse out the pan and cook the orzo following pack instructions. Drain, season and mix with 1 teaspoon of olive oil and the rocket, until slightly wilted. Serve with the fish.
- 500cals; 12g fat (2g sat fat); 33g protein; 6g fibre; 61g carbs; 13g total sugars; 1.4g salt



**ONLY
500
CAL**

**REDUCE
CARBS**

Tip a tin of drained green lentils into the baking dish before the fish. Skip the orzo, and serve the rocket as a side salad.



» **NUTRITION
NOTES**

- Cod is high in protein and low in fat. It's also rich in vitamin B12.
- Olives contain fat, but it's heart-healthy mono-saturated fat, which can actually help lower cholesterol.