

Topped fish

Ingredients

2 fish fillets (haddock or cod)
200g chopped tomatoes, drained
2 pinches of dried herbs
50g feta cheese
¼ lemon (wedge)
Black pepper



Equipment

Oven proof baking dish, spoon, oven gloves.

Method

1. Preheat the oven to 200°C or gas mark 6. (Adult)
2. Place the fish fillets in to the baking dish.
3. Spoon the chopped tomatoes over the fish.
4. Sprinkle the dried herbs over the tomatoes.
5. Crumble on the feta cheese.
6. Squeeze the lemon over the top.
7. Add a twist of black pepper.
8. Bake in the oven for 25 minutes. (Adult)
9. Remove from the oven using the oven gloves. (Adult)
10. Serve.

Makes:

2 portions

Suggestion:

Serve with couscous and salad.