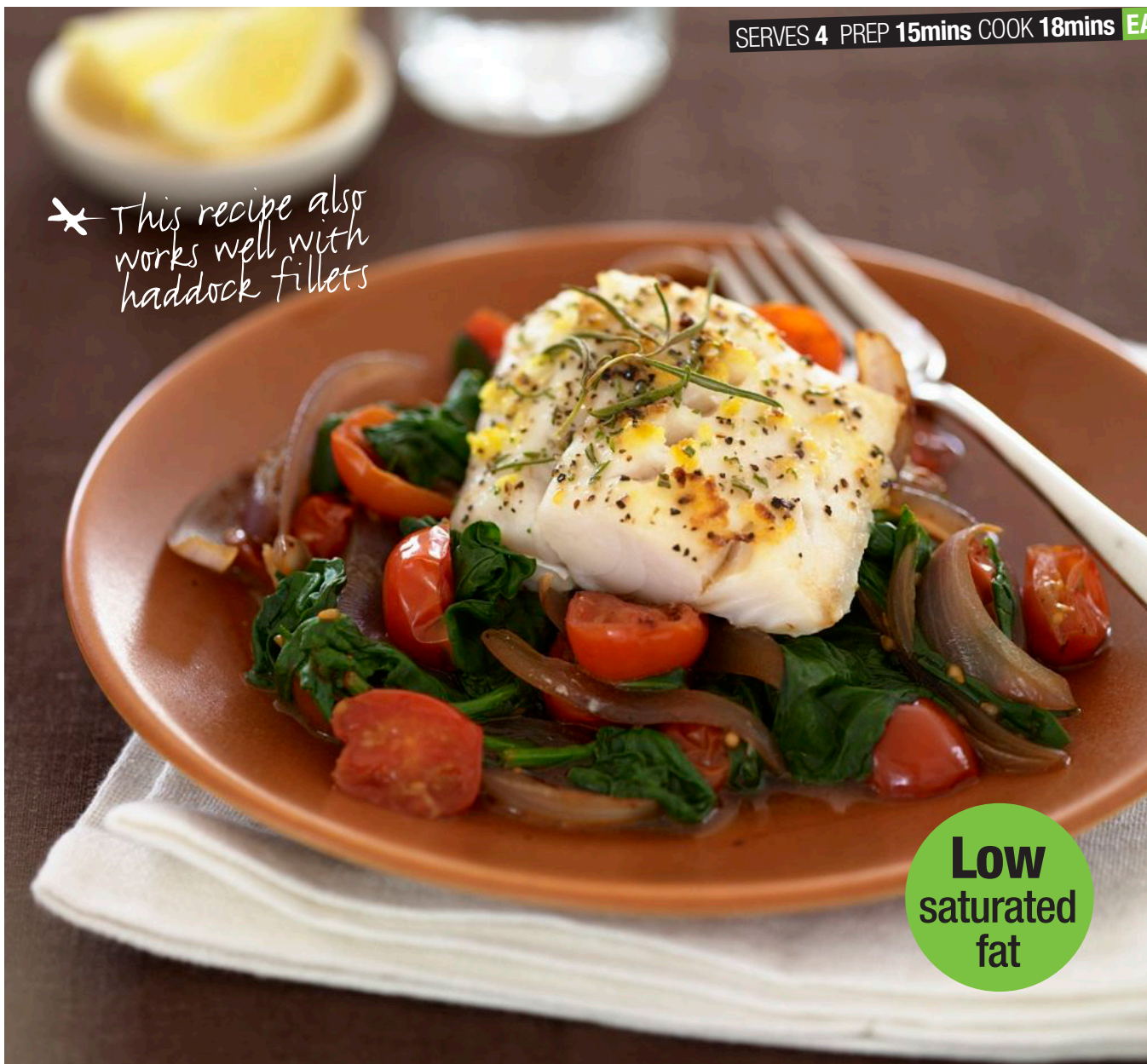


# Rosemary cod with spinach

SERVES 4 PREP 15mins COOK 18mins **EASY**

*\* This recipe also works well with haddock fillets*



- spray oil
- 4 The Co-operative Naturally Healthy cod fillets (approx 500g)
- 1 lemon, zest grated and juiced
- 2 tsp fresh rosemary, finely chopped
- black pepper
- 1 large onion (approx 210g), cut into thin wedges
- 250g The Co-operative British spinach
- ½ tsp hot chilli powder

- 175g The Co-operative cherry tomatoes, halved

**1** Preheat the grill to high. Line a baking sheet with foil, spray lightly with oil and arrange the cod fillets on it. Scatter the lemon zest and rosemary over the fillets. Season with black pepper and spray lightly with oil. Grill for 10 mins.

**2** Meanwhile, spray a wok or large frying pan lightly with oil and heat to a high temperature. Add the onion and stir-fry for 3-4 mins, adding a little water if necessary until

softened. Add the tomatoes and stir-fry for 2 mins. Scatter over the spinach and chilli powder. Pour over the lemon juice and cook for a further 1-2 mins until the spinach is wilted.

**3** Spoon the spinach mixture onto four plates and arrange the fish on top.

<b>Calories</b> 145	<b>Fat</b> 1.8g	<b>Sat Fat</b> 0.3g	<b>Sugars</b> 5.3g	<b>Salt</b> 0.3g
approx. per serving				
✓ 1 of your 5-a-day				

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good with food