

Mediterranean Roast Fish

Serves 2

Time: 50mins

Ingredients:

5 baby potatoes, scrubbed and cut into wedges
1 onion, halved and sliced
2 garlic cloves, roughly chopped
1/2 tsp dried oregano or 1/2 tsp fresh oregano.
2tbsp Olive Oil
1/2 Lemon, cut into wedges
2 large tomatoes, cut into wedges
2 fresh skinless white fish fillets, about 200g. (Pollock, haddock, cod for example)

Method:

Heat the oven to 200c/180c fan/gas 6
Tip the potatoes, onion, garlic, oregano and Olive Oil into a roasting tin.
Season, then mix together with your hands to ensure everything is coated in the oil.
Roast for 15 minutes, turn everything over and then bake for a further 15 minutes.

Add the lemon and tomatoes and roast for 10 minutes.
Top with the fish fillets and cook for a final 10 minutes.