



ROASTED COD AND SPICED POTATO

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

- ½ kilogram small **red potatoes** (about 12), sliced ¼ inch thick
- 2 tablespoons **olive oil**
- ½ teaspoon **chilli powder**
- Salt and black pepper**
- 4 x 170 gram skinless **cod**, halibut, or striped bass fillets
- 2 bunches **spring onions**, trimmed
- 1 **lemon**

MACROS PER PORTION

CALORIES	293	PROTEIN	30
CARBS	24	FATS	8
FIBRE	3		

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7. Meanwhile on a rimmed baking sheet, toss the potatoes in 1 tablespoon of the oil, the chilli powder, ½ teaspoon salt, and ¼ teaspoon pepper.

Roast, turning once for around 20 to 25 minutes until golden brown and tender.

While the potatoes roast, place the fish and spring onions on a second baking sheet, drizzle with the remaining tablespoon of oil and season with ½ teaspoon salt and ¼ teaspoon pepper.

Peel strips of zest from the lemon using a vegetable peeler, thinly slice them and sprinkle on the fish, reserving the lemon.

When the potatoes have been cooking for 10 minutes, place the fish in the oven and roast until it is opaque throughout and the spring onions are tender, 12 to 15 minutes should be enough.

Halve the reserved lemon and squeeze the juice over the fish.

Serve the fish and scallions with the potatoes while piping hot.

Lemon is often used in cooking to "brighten" flavours, and works well to counter many of the briny flavours