

Atlantic Cod, Prawns & Samphire

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	459 kj	5%
Energy (kcal)	109 kcal	5%
Fat	4.4 g	6%
<i>of which saturates</i>	0.6 g	3%
Carbohydrate	2.6 g	1%
<i>of which sugars</i>	0.8 g	1%
Fibre	0.5 g	2%
Protein	14 g	28%
Salt	1.1 g	18%

Generated by Nutritics v5.62 on 7th Feb 2021

Ingredients (serves 4)

4 x 120g cod fillets (**FISH**),
3-4 large raw prawns per person (**CRUSTACEANS**),
200g fresh samphire, rinsed in cold water
10 cherry tomatoes, quartered
1 handful of small black olives approx. 15 olives,
2 tbsp extra virgin olive oil,
freshly ground black pepper

Method and cooking time 10 mins prep, 20 mins cooking

1. Pre-heat oven to 220C/180Cfan/gas 6. Brush and ovenproof dish with the oil.
2. Place the cod fillets and prawns into the dish.
3. Cover with the samphire, tomatoes and olives.
4. Cover with baking paper / foil and place into the oven to bake for 15-20 mins. Remove the paper, and leave to cook for a further 5 mins.
5. The cod should flake easily once cooked. Test one fillet before removing them all from the dish. Leave to cook for an extra couple of minutes if required.

Serving suggestion: Fresh lemon and a mixed leaf side salad.

ALLERGENS

MODIFY

CREDIT



FISH



CRUSTACEANS

Switch cod for any white fish fillet

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