

Quite easy and very tasty?..

Ingredients:-

2 Discounted Cod for-end fillets
1 Tin of chopped Tomatoes & ½ a Tin of water
1 Onion, Diced
2 Cloves of Garlic, minced
1 Tsp of dried Thyme
1 Tbsp of Soy Sauce (Gluten free for us)
Ground Black Pepper, to season
1 Tsp of Brown Sugar
A knob of Margarine and Oil to fry

Method:-

(1) Heat the Oil & Margarine in a pan.
(2) Add the Onions and fry until softened.
(3) Add the Garlic and fry for a further 2 minutes.
(4) Season with Ground Pepper and stir in the Tomatoes, Sugar, Soy Sauce and dried Thyme.
(5) Bring everything to the boil and then reduce the heat to a simmer.
(6) Simmer for 5 minutes.
(7) Add the Cod to the Sauce.
(8) Cover and simmer on a very low heat for 10 minutes.

(9) When the Fish is cooked and flakes easily, you are ready to serve.

We served ours with the Fish on a bed of the sauce, the remained spooned over, Broccoli and Minted New Potatoes. I was rather good?...