

Greek style tomato and haddock

An extremely simple and nutritious supper dish, using fresh tomatoes, all this needs is a few new potatoes, some crusty bread, and a salad or green veggies. You can use any type of white fish.

No of servings 2

Preparation time 5 minutes

Cooking time 20 minutes

Ingredients

250g sustainably sourced fresh or frozen white fish fillets (e.g. haddock, plaice or pollack),
400g large ripe tomatoes
Handful of basil leaves, torn
2 tbsp greek olive oil

Method

1. If using frozen fish, allow to thaw before use in the fridge or on a defrost setting in a microwave.
2. Preheat the oven to 200°C, 180°C for fan ovens or gas mark 6
3. Slice the tomatoes and lay in the base of an ovenproof container, and cover with half the basil leaves
4. Place the fish fillets on top of the tomatoes and add any remaining basil. If the fillets are thin such as plaice you may want to fold the fillet in half.
5. Drizzle the oil on top, and grind over some black pepper.
6. Bake for 15-20 minutes or until the fish just flakes.
7. Serve at once making sure to add all the cooking juices.



Serving suggestions

Serve with new potatoes, or crusty bread, and a side salad. Some frozen peas add colour and more fibre.

Storage : This is not suitable for storage.

Food safety advice: Use a separate board to prepare the raw fish.

Allergen information

Contains: fish.

Variations: Try with fresh or dried dill or swap one third of the tomatoes for some finely sliced red peppers.

Nutritional analysis per portion taking into account any cooking losses			
Energy kcal	235	Fibre g	2.7
Protein g	25.2	Salt g	0.25
Carbohydrate g	6.3	Iodine mcg	316
Of which sugars g	6.2	Vitamin C mg	17.3
Fat g	12.3	Niacin Vitamin B3 mg	4.5
Of which saturates g	1.9		

Fish is an important source of **iodine**, which helps make thyroid hormones and contributes to normal cognitive functioning. In other countries salt has added iodine, but this is not routine in the UK and many people have barely enough iodine. After fish, cow's milk is the main source in the UK. Vegans are recommended to have iodine supplements, and purchase dairy alternatives which are fortified with iodine.

Haddock is a peculiarly good source of **niacin**, or vitamin B3. This has many functions in the body including helping with the release of energy from cells, reducing tiredness and fatigue and the normal functioning of the nervous system, all factors which affect people with MS.