

SUTHERLANDS OF PORTSOY

• SINCE 1908 •

THE FINEST FISH FOR FIVE
GENERATIONS

Baked Fish (serves 2)

Tomatoes are high in Vitamin C. Vitamin C helps protect our cells and maintain healthy skin, bones and blood vessels. Broccoli as well as other green vegetables is a good source of fibre, and contains iron, calcium, vitamins A, C, K and B vitamins including folate. Folate helps to form healthy blood cells. This is one portion of your five a day.

Ingredients

70g oats

40g leeks sliced

2 fish fillets (haddock or salmon)

Sauce

160g broccoli

1/2 tbsp olive oil

1 garlic clove, crushed

1 onion, chopped

2 tsp tomato puree

1 400g tin chopped tomatoes

1 tsp dried oregano

Pinch of salt and pepper

Method

1. Preheat oven to 200°C/Fan 180°C/392°F/
Gas mark 6
2. Place sliced leeks in a pan of boiling water and leave to boil for 2-3mins. Once cooked drain water
3. For the sauce: Heat olive oil in pan. Add onions and cook on low heat. Once onions are soft, add crushed garlic and tomato puree. Heat for 2-3 mins
4. Add chopped tomatoes and oregano and pinch of salt and pepper. Leave to simmer on low heat for 10 mins.
5. Place fish fillets at bottom of a small oven proof dish. Top with leeks and tomato sauce.
6. Cover with oats.
7. Bake in oven for ~20-25 mins until fish is cooked through.
8. Whilst waiting place broccoli in a pan of boiling water and boil for 2-3 minutes. Drain water once cooked.

Front of pack (food) for portion of 494g

Energy 1991kJ 474kcal	Fat 11.4g	Saturates 1.5g	Sugars 24.7g	Salt 0.3g
24%	16%	7%	27%	5%