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 folic acid. 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

<table>
<thead>
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<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
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<td>1991kJ</td>
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<tr>
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24% 16% 7% 27% 5%