

COD PARCELS WITH SPINACH & TOMATO



QUICK

8 mins prep
time

HEALTHY

Garlic has SO many health benefits there's not space to list them.... one is that it can help lower cholesterol levels

FAMILY



Feeds 4

MEALS

Serve with brown rice
or cous cous

INGREDIENTS

- 4 cod fillets
- 4 handfuls spinach
- 2-3 medium tomatoes
- 4 garlic cloves
- 1 handful basil (optional)
- Olive oil
- S & P

METHOD

1. Put your oven onto 180°C (Fan)
2. Lay out your greaseproof paper (TIP - weigh down the edges with your ingredients)
3. Slice the tomatoes and garlic
4. Drizzle a little olive oil on each paper
5. Put one garlic (sliced) onto the oil
6. Place the sliced tomatoes on top
7. Then the basil (if using)
8. Then the spinach
9. Then place the fish on top
10. Season with salt and pepper
11. Wrap the paper up around the fish
12. Bake for 20 minutes
13. Open and enjoy



TOP TIP !

Make extra, wrap and
freeze for next time



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com