



Roasted Cod with Couscous

This dinner takes minutes to prepare and will leave you feeling completely satisfied. The flavours will make this dish a staple recipe to back to every week.

serves 1

Ingredients

- ½ tbsp olive oil
- ½ tbsp chopped parsley
- 1 clove garlic, crushed
- 1 cod fillet
- 1 cup couscous
- large green salad



Method

1. Combine the olive oil, parsley and garlic in a dish and rub over the cod fillet.
2. For the best flavor, rest the fillet for approximately 10 minutes to let the marinade soak in.
3. Bake the fillet at 180C for 10 minutes and serve with 1 cup of couscous and a large green salad.

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