

Your Saturday night in...

If you're staying in on Saturday evening, why not try this recipe.....

Fresh, healthy and full of flavour – this one-pan roast fish recipe is so easy to make.

Takes 15 minutes to make
and 35 minutes to cook

Serves: 4



One-pan roast fish

Ingredients

450g waxy potatoes

Olive oil

2 red onions, cut into wedges

2 garlic cloves, sliced

4 tomatoes, sliced

1 tbsp chopped fresh flatleaf parsley,

Leaves of 2 fresh tarragon sprigs

4 skinless white fish fillets,
such as haddock or pollack

Juice of 1 lemon

Method

- 1 Preheat the oven to 180°C/fan160°C/gas 4. Peel and slice the potatoes and layer in a roasting tin. Drizzle with olive oil, dot with butter and season. Roast for 25 minutes.
- 2 Meanwhile, heat 1 tbsp olive oil in a pan over a low heat and fry the onions for 5 minutes. Add garlic and cook for a further 2 minutes. Pile onto the potatoes, then top with tomatoes, parsley, tarragon sprigs and fish fillets. Drizzle with olive oil and the juice of 1 lemon. Season well, top with lemon slices and bake for 10-12 minutes until the fish is cooked through.