



BEING THE BEST YOU

Exclusive Recipe

Steamed Cod with Fennel & Tomatoes

If you don't think you like fennel – put that thought right out of your mind and prepared to be surprised and fall in love with this delicious fragrant dish!

Drizzle olive oil
1 fennel bulb, sliced
1 clove garlic, crushed
2 leeks, sliced
400g tin chopped tomatoes
Sprinkle dried Italian herbs
Handful chopped fresh basil leaves
2 cod fillets
Freshly ground black pepper
Sprinkle LoSalt



- Using a non-stick, lidded frying pan, heat the olive oil over a medium heat and add the sliced fennel.
- Saute for 5-6 minutes until starting to soften
- Next add the crushed garlic and sliced leeks. Cook for another 5 mins
- Now add the tin of chopped tomatoes and a sprinkle of Italian herbs and the chopped fresh basil.
- Place the cod fillets on top of the tomato and fennel mixture, season with freshly ground black pepper and a sprinkle of LoSalt
- Pop the lid on and let the fish steam for 8-10 mins, taking in the flavours of the fennel and garlic. The fish is cooked when it flakes with a fork easily. Delicious!