

LighterLife Management

Week 3 Recipes:

Mediterranean cod with garlicky butter beans

Fresh flavoured and fast to prep, this easy dinner packs three of your five a day.

Serves: 1

Nutrition per serving:

315 kcal, 38g protein, 34g carbs, 3g fat, 6g fibre

Ingredients:

- ½ red onion, chopped
- 2 garlic clove, crushed
- 120ml stock (from LighterLife Savoury Broth)
- 1 tbsp balsamic vinegar
- 7 cherry tomatoes, halved
- 125g canned butter beans, drained (approx 1 small can)
- 150g cod fillet, skinned
- 80g fine green beans
- 1 tbsp lemon juice
- freshly ground black pepper
- 1 tbsp chopped parsley

Method:

1. In a non-stick frying pan over a low heat, gently cook the red onion and garlic in the stock for 8-10 mins, until tender.
2. Add the balsamic vinegar, tomatoes and thyme and cook for 3 mins. Stir in the butter beans and continue cooking gently for 2-3 mins. Add the cod and cook for 8-10 mins, turning halfway through.
3. Meanwhile, steam the green beans until they're just tender.
4. Serve the tomato and butter beans topped with the cod, with the green beans on the side. Sprinkle with the lemon juice, black pepper and parsley before eating..

Tips:

- You can cook other fish in the same way, including oily types like salmon or tuna fillet. Try haricot, flageolet or cannellini beans instead of the butter beans.