



EASY FISH & TOMATO SAUCE




- * Whitefish is very sustainable, easy to find, and not expensive.
- * You can also substitute potatoes with rice, noodles, or pasta with vegetables.

INGREDIENTS (SERVES 4)

- 500g Scottish sustainable whitefish fillets (e.g. haddock or cod)
- 1kg potatoes, washed & sliced thinly
- 1 onion
- 2 cloves garlic
- 1 red chilli or chilli flakes or herbs (optional)
- 1 tbsp tomato puree or ketchup
- 2 tins chopped tomatoes
- Salt & pepper
- 1 tbsp Scottish rapeseed oil



METHOD

1. Make **tomato sauce**:
 - * Dice the onion, chop the garlic & chilli finely (or/and herbs).
 - * In a wide saucepan or deep-frying pan, heat the oil and fry the onion.
 - * After a few minutes, add the chilli & garlic (or/and herbs) and fry for **2 mins**.
 - * Add the tomato puree to the pot and then the tinned tomatoes.
2. Cut **whitefish fillets** into pieces, season lightly with salt & pepper.
3. Place the fish in the sauce, do not stir, cover with lid, cook for **15 mins** or until cooked. Flat fish takes less time than chunky thick pieces of fish.
4. Wash & slice thinly **potatoes**, microwave in minutes or boil in a pan. (**To microwave**: Cut potatoes in half lengthwise, slice thinly, put in a microwaveable dish with a dessertspoon of water, cover with clingfilm, microwave on high for **10 mins**). Leave to stand.
5. Add the potato to the tomato sauce when the fish is cooked. Mix in gently.
6. Season to taste, then serve in bowls.





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