



LEMON COD WITH OAT CRUMB & SPINACH

-  **Prep: 10 minutes**
-  **Cook: 15-20 minutes**
-  **Serves: 2**

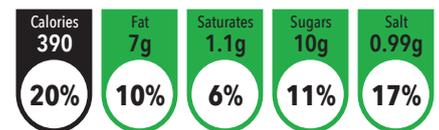
INGREDIENTS:

- ½ tbsp olive oil
- 3 shallots, finely chopped (100g)
- 25g oats
- 2 tbsp chopped chives
- 1 tsp **LoSalt**
- 1 lemon
- 2 cod loins, approx. 200g each
- 200g cherry tomatoes
- 250g spinach

METHOD:

1. Preheat the oven to 200°C, gas mark 6. Line a baking tray with foil.
2. Heat the oil in a small frying pan and fry the shallots for 3-4 minutes until golden, add the oats and cook for 1-2 minutes. Stir in the chives, **LoSalt**, lemon zest and juice of ½ lemon, season with black pepper.
3. Press the oat mixture on top of the cod loins and place on the prepared tray. Add the cherry tomatoes. Bake for 15-20 minutes or until the cod is cooked throughout.
4. Meanwhile, place the spinach in a large bowl with a splash of water, cover with clingfilm and microwave on high for 2-3 minutes until just wilted. Divide between 2 plates and top with the cod and tomatoes. Serve with the remaining lemon cut into wedges.

Each serving contains



of your guideline daily amount

COOKS TIP:

Sprinkle the oat crumb on sea bass, haddock or salmon instead of cod.