

# SallyBee



Campaigning for people to "Season with Sense"



## FRESH LEMON, MINT & COD PARCELS

 **Prep: 10 minutes**

 **Cook: 25 minutes**

 **Serves: 1**

### INGREDIENTS:

- 1 cod loin (or similar)
- Pinch **LoSalt**
- Freshly ground black pepper
- Half small onion, diced
- Pinch dried chilli flakes
- 6 asparagus spears
- 8 mangetout
- 8 cherry tomatoes
- Lemon slices
- Handful fresh mint
- Olive oil
- White or Rose wine (optional)

### METHOD:

1. Preheat the oven to 200°C.
2. Prepare a double foil parcel in a small roasting tray.
3. Place the cod loin and sprinkle with a pinch of **LoSalt** and freshly ground black pepper.
4. Next add the diced onion, dried chilli flakes, asparagus, mangetout and cherry tomatoes over and around the fish.
5. Top with sliced lemon and fresh mint and drizzle with olive oil and a cheeky slurp of white or rose wine.
6. Pop in the oven for 20 – 25 mins and serve with a little brown rice.