

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S STEAMED FISH WITH FENNEL & TOMATOES

 **Prep:** 15 minutes

 **Cook:** 25 minutes

 **Serves:** 2

### INGREDIENTS:

- 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**

### METHOD:

1. Using a non-stick, lidded frying pan, heat the olive oil over a medium heat and add the sliced fennel.
2. Saute for 5-6 minutes until starting to soften.
3. Next add the crushed garlic and sliced leeks. Cook for another 5 mins.
4. Now add the tin of chopped tomatoes and a sprinkle of Italian herbs and the chopped fresh basil.
5. Place the cod fillets on top of the tomato and fennel mixture, season with freshly ground black pepper and a sprinkle of **LoSalt**.
6. 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!