

# delicious.



## Roasted cod with fennel, red onion and balsamic tomatoes



for 4 people



Takes 15 minutes to make, 25 minutes to cook



Easy

This simple, super-healthy cod recipe is overflowing with rustic Italian flavours.

### Nutritional info per serving

Per serving: 217kcal, 7g fat (1g saturated), 29g protein, 9.5g carbs, 7.7g sugar, 0.5g salt

### INGREDIENTS

- 1 large fennel bulb, trimmed and thinly sliced, fennel fronds reserved
- 1 large red onion, sliced
- 1-2 small red chillies, thinly sliced [optional]
- 2 tbsp olive oil
- Juice of 1 lemon
- 200g cherry tomatoes, halved
- 3 tbsp balsamic vinegar
- 4 thick skinless cod fillets
- 1 heaped tbsp capers, drained and rinsed

### METHOD

1. Preheat the oven to 200°C/fan180°C/gas 6. Scatter the fennel, onion and chilli in a roasting tin and drizzle with 1 tbsp olive oil and the lemon juice. Roast for 10 minutes.
2. Scatter over the cherry tomatoes and roast for a further 5 minutes, then drizzle with the balsamic vinegar. Place the cod fillets on top, drizzle with the remaining oil, season and roast for 10-12 minutes until the cod is just cooked through.
3. Garnish with the reserved fennel fronds and capers, and serve.

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