Mediterranean salmon & cod bake

BODY TRANSFORMATION CENTRE

1 courgette, chopped
1 medium red onion, chopped
2 garlic cloves, finely chopped
150g cherry tomatoes, halved
2 bell-peppers (any colour), chopped
30ml extra virgin olive oil
30ml balsamic vinegar
280g fresh salmon fillets
280g fresh cod loin
1 tsp dried Italian herbs
a pinch of salt and pepper

SERVES 3

Preheat the oven to 180˚C/350˚F.

Place the courgette, garlic, onion, peppers and cherry tomatoes on a large baking tray and spread them out evenly.

Sprinkle the olive oil and balsamic vinegar over the vegetables. Bake for 10 minutes.

Remove the tray from the oven and nestle the salmon and cod amongst the vegetables. **Note:** If the salmon fillets are a much thicker cut than the cod, cut the salmon into chunks so that it cooks at around the same rate as the cod.

Sprinkle the Italian herbs, salt and pepper over everything. Bake for around 25 minutes or until the fish is cooked thoroughly.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

PER SERVING:
398 Calories
13g Carbs
38g Protein
22g Fat