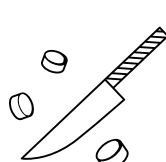


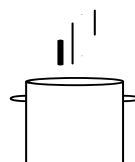


Harissa-crumbed Fish With Lentils & Peppers

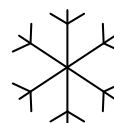
Fish is not just for Friday! This quick and easy fish dish is packed full of flavour, healthy and nutritious.



10



15



4



Ingredients

2 x 200g pouches cooked puy lentils
200g jar roasted red peppers, drained and torn into chunks
50g black olives, roughly chopped
1 lemon, zested and cut into wedges
The Groovy Food Company Organic Rapeseed Oil Spray (to coat the pan)
4 x 140g cod fillets (or another white fish)
100g fresh breadcrumbs
1 tbsp harissa
½ small pack flat-leaf parsley, chopped

Directions

1. Heat oven to 200C/180C fan/gas 6.
2. Spray your roasting dish liberally with the rapeseed oil. Mix the lentils, peppers, olives, lemon zest, and some seasoning and place in the tin.
3. Top with the fish fillets and spray the surface of each fillet with the oil spray.
4. Combine the breadcrumbs and harissa and put a few spoonfuls on top of each piece of fish.
5. Bake for 12-15 mins until the fish is cooked, the topping is crispy and the lentils are hot.
6. Scatter with the parsley and squeeze over the lemon wedges to serve.