






More Than Food
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Mediterranean Style Gnocchi with Basil Baked Cod

This dish is the perfect way to pair basil with fish. It's not the most common of flavour combinations but it's so tasty we can't understand why people don't do it more often. If you lay a couple of basil leaves on the fish fillet and bake it, the leaves get all crispy. BONUS!

 40 mins

 family box

 healthy



Red Onion (1)



Garlic Clove (1)



Basil (1 bunch)



Red Wine Vinegar
(1 tbsp)



Tomato Passata
(1 carton)



Courgette (1)



Cod Fillet (4)



Lemon (1)




Gnocchi (1 pack)

Ingredients

4 PEOPLE ALLERGENS

Red Onion, sliced	1	
Garlic Clove, grated	1	
Basil, torn	1 bunch	
Red Wine Vinegar	1 tbsp	Sulphites
Tomato Passata	1 carton	
Courgette, sliced	1	
Cod Fillet	4	Fish
Lemon	1	
Gnocchi	1 pack	Gluten

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

In ancient times basil was used as an antidote for snake bites.

Nutrition per serving: Calories: 359 kcal | Protein: 32 g | Carbs: 53 g | Fat: 4 g | Saturated Fat: 0.45 g

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1 Pre-heat your oven to 200 degrees. Start by making the tomato sauce. Cut the **red onion** in half through the root, peel and the cut into thin half moon shapes. Peel and grate the **garlic**. **LH:** Pick the **basil** leaves and keep until later. Chop the **basil** stalks as small as you can.

2 Put a saucepan on medium-high heat and add 1 tbsp of **olive oil**. Once hot, add the **red onion** and cook for 3 mins until it begins to soften. Season with a pinch of **salt** and a good grind of **black pepper**. Add the **garlic** and chopped **basil** stalks, cook for 1 minute more and then add the **red wine vinegar**.

5



3 Carry on cooking until the vinegar has evaporated and then pour in the **tomato passata**. Refill the carton with **water** and add this to the sauce. Reduce the heat to low and let your sauce bubble away for 15 mins. You need it to reduce by half.

4 As your sauce cooks, chop the top and bottom off the **courgette** and slice at an angle into eight 1cm thick pieces.

5 Heat a frying pan over high heat. When the pan is hot, cook your **courgettes** for 5 mins on each side until charred. When ready, keep them to one side. Don't bother washing the pan, we'll use it later for the **gnocchi**.

6



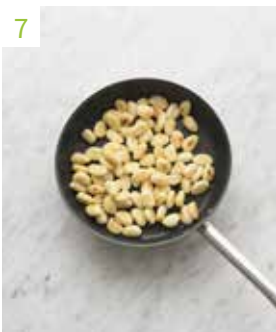
6 Take the **cod fillets** and place on a foil lined baking tray skin-side down. Season each piece of fish with a pinch of **salt** and drizzle over 1 tbsp of **olive oil**. Zest the **lemon** on top of the **cod fillets**. **LH:** Gently massage in all the flavour and then top each piece of fish with two or three **basil** leaves. Coat the leaves with a little **oil** so they stick to the fish. Pop the fish in the centre of your oven and bake for 12 mins.

Tip: The fish is cooked when the centre is opaque.

7 As the fish cooks, reheat the frying pan you used for the courgettes on medium heat. Add 1 tbsp of **olive oil** and when the **oil** is hot, add the **gnocchi** to the pan. Cook for 5-8 mins, turning every minute or so to make sure they are golden all over.

8 When your fish is cooked, add the **gnocchi** to the tomato sauce. **LH:** Tear the remaining **basil** leaves and mix through the **gnocchi**.

7



9 Serve a generous amount of **gnocchi** in a bowl or plate and top with two slices of charred **courgette**. Sit your cooked **cod** on top and finish with a squeeze of **lemon** juice. Enjoy!!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!