



Oven Roast Cod with a Lemon and Herb Crust and Green Beans

This is one of my favourite dishes, not only is it delicious, it also only uses 1 dish!

- 2 thick portion of cod fillet
- 6 salad potatoes
- 170g green beans – stalks removed
- 1 lemon
- 2 heaped tbsp. flaked almonds
- 2 tsp oil
- 1 quantity lemon & herb crust



1. Mix the crust ingredients together and set aside.
2. Pre heat the oven to 220C/435F/Gas7
3. Cut the potatoes in half and put in an oven proof dish. Drizzle with 1 tsp oil and season with salt and pepper. Roast in the oven for 10min.
4. Rub a little oil over the beans and lemon half.
5. Remove the dish from the oven, add the beans and almonds, toss everything together and put back into the oven for 5min.
6. Once the time is up, remove the dish from the oven again, nestle the cod into the centre of the dish, season with salt and pepper and top with the crumbs. Add the lemon to the dish. Roast for 15min and serve.

Lemon and Herb Crust

- 15g breadcrumbs
- 15g finely grated strong cheese
- 1 tbsp chopped parsley
- Grated rind of ½ lemon
- ½ tbsp. oil

Hints, Tips and Variations

To make this dish gluten free, use gluten free breadcrumbs

For dairy free, omit the cheese, add extra crumbs, herbs & a little extra oil.

Use asparagus, sugar snap peas or thinly sliced broccoli instead of beans. You may need to adjust cooking time, similar below.

If the beans are very fine, add the beans with the cod and omit the extra cooking time at No.5.