



# One tin Fish dish

**Prep Time** 10 mins

**Cooking Time:** 50 mins

**Servings:** 2

## INGREDIENTS

- 5 small potatoes cut into wedges
- 1 sliced onion
- 2 chopped garlic cloves
- ½ tsp dried oregano
- 2 tbsp olive oil
- ½ lemon cut into wedges
- 2 large tomatoes, cut into wedges
- 2 fresh skinless white fish fillets
- Handful chopped parsley

## METHOD

1. Heat oven to 200C/180C fan/gas 6.
2. Place the potatoes, onion, garlic, oregano and olive oil into a roasting tin.
3. Season, then give a good mix with your hands to coat everything in the oil.
4. Roast for 30 mins making sure to stir everything half way through.
5. Add the lemon and tomatoes, and roast for a further 10 mins,
6. Place the fish fillets and cook for 10 mins more.
7. Serve with parsley scattered over.

**EAT WELL**

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