



HEALTHYFOOD
STUDIO

Baked White Fish

WITH TOMATO AND BASIL SAUCE

SERVED WITH STEAMED ASPARAGUS

INGREDIENTS

FOR THE FISH

- 6 Pieces of white fish, 150g each
- Salt
- Pepper

FOR THE SAUCE

- 1kg Tinned tomatoes (no added sugar or salt), chopped
- 2 Cloves of garlic, crushed
- 120g Onion, finely chopped
- 120g Carrot, finely chopped
- 120g Celery stick, finely chopped
- 20ml Olive oil

FOR THE SAUCE *(continued)*

- 1 Bay leaf
- Pinch salt
- Pinch sugar
- 10ml Tomato paste
- 5 Sprigs fresh basil leaves

FOR PRESENTING

- Steamed asparagus
- 15g Parmesan shavings
- Sprigs of basil

METHOD

FOR THE SAUCE

- 01 Heat the oil and add the garlic, onion, carrot and celery and sauté gently until translucent.
- 02 Add the tomato paste and cook for 1 minute.
- 03 Add the tinned tomato, bay leaf, salt and sugar and simmer for about 1 hour.
- 04 Remove the bay leaf and crush the tomatoes with the back of a spoon
- 05 Check seasoning and add torn basil

TO COMPLETE YOUR DISH

- 01 Pour the Basil Tomato sauce into an oven proof baking dish, approximately two cm high.
- 02 Season the fish with salt and pepper and arrange fish on top of the basil tomato sauce.
- 03 Bake at 170C for approximately 20 minutes, remove from the heat and add torn basil
- 04 Serve with steamed asparagus and parmesan shavings and baked baby potatoes