

Mediterranean fish stew (serves 2)

You will need:

- 1 tsp rapeseed oil
- Half an onion
- 1 clove garlic
- 30g of lentils
- Half a tin of chopped tomatoes (200g)
- 1 tbsp of tomato puree
- 50 mls water
- 30mls dry white wine
- 200g of cod or other white fish
- A handful of king prawns

How to make it:

Heat the oven to 180°C/350°F/Gas Mark 4

Place the white fish on some tinfoil on a baking tray and bake for roughly 20 minutes.

Meanwhile, soften the onions and garlic over a low heat in a pan in a little rapeseed oil. Add the lentils, tomatoes, water and tomato purée to the pan and simmer for 15 minutes. Turn the heat up a little, add the wine and cook for a further 5 minutes.

Once the fish is cooked, add to the pan along with the prawns and mix together gently. (Be gentle so the fish doesn't break up!).

Serve the stew with a crusty wholemeal roll.

What does this give you?

- 2 portions of protein
- 1 portions of vegetables
- 1 portion of starchy foods

The stats (per serving): 316kcal, 0.8g saturated fat, 9.8g sugar, 3.3g fibre, 34g protein, 1.3g salt.

Preparation and cooking time: 30-40 minutes

Approx. cost per serving: less than £4

Allergens: contains gluten, fish, crustaceans, sulphites and possibly celery, milk, sesame and soya.