

Fish with Mediterranean Vegetables

Calories: 195 kcal

Servings: 2

Time: 45 Mins

Ingredients

- 1.50 tsp Apple Cider Vinegar
- 3.00 leaves Basil (fresh)
- 40.00 g Black Olives
- 80.00 g Eggplant (chopped)
- 100.00 g Fennel (sliced about 1/2 cm thick, remove outer leaves)
- 3.00 fronds Fennel
- 2.00 clove Garlic (peeled and left whole)
- 80.00 g Green Capsicum (chopped)
- 1.00 tsp Olive Oil
- 1.00 tsp Oregano (fresh, chopped)
- 2.00 g Salt and Pepper (to season)
- 120.00 g Tomato (chopped)
- 120.00 g White fish fillets (boneless)

Instructions

1. Pre-heat oven to 200C.
2. Heat some oil in a casserole dish over medium heat. Add sliced fennel, eggplant and capsicum and sauté until it starts to brown and soften. This should take 5-7 minutes. DO NOT over crowd the pan as they will stew in their own juices rather than be nicely sautéed.
3. Add extra oil to the pan if necessary and then add garlic, saute 2-3 minutes, until fragrant.
4. Add tomatoes, olives, oregano, salt and pepper to taste. Simmer covered until the garlic is softened. Then add all the cooked vegetables and vinegar and heat through.
5. The fish can be cooked in the pan on low heat if you like, otherwise cook in the oven.
6. Season fish fillets with salt and pepper and lay them on top of the vegetables. Drizzle them with some olive oil and sprinkle over some fennel fronds and fresh basil.
7. Cover the casserole dish and cook in the oven for about 20 minutes, until fish is cooked through.