

Cod parcels with tomatoes and pesto recipe

Ingredients

- 4 x 150g pieces skinned cod loin or fillet
- 4 large vine-ripened tomatoes, each cut into 6 slices



For the pesto

- 15g fresh basil leaves
- 1 garlic clove, crushed
- 1 tbsp pine nuts
- 2 tbsp extra-virgin olive oil, plus a little extra for brushing
- 1 tbsp finely grated Parmesan

Method: How to make cod parcels with pesto

1. Preheat the oven to 240°C/fan220°C/gas 9 or to its highest setting. Season the cod on both sides with salt and pepper, then set aside.

Tip

This will make more pesto than you need, but it will keep in the fridge for 2-3 days and is great with pasta. You can buy reduced-fat pesto in most supermarkets.

2. Make the pesto. Put the basil, garlic, nuts and oil into a mini food processor and blend until smooth. Stir in the Parmesan and season.

3. Cut out 4 x 38cm squares of both greaseproof paper and foil. Lay the paper squares on top of the foil on the work surface and brush lightly with olive oil. Overlap the tomato slices, slightly off-centre on the greaseproof paper, and season lightly. Spread the pesto over the tomatoes and rest the cod on top.

4. Fold 1 side of the paper and foil over the fish so that the edges meet. Starting at 1 open end, fold over the edge a few times and continue folding around the parcel, until it's well sealed. Tap down well with a rolling pin for a better seal. Repeat to make 3 more parcels.

5. Place the cod parcels on a baking tray and bake for 8 minutes. Slit them open with a sharp knife and transfer the contents onto warm plates. Serve with olive oil mashed potatoes or steamed rice.