

Lemon cod with basil bean mash

- 2 small bunches cherry tomatoes , on the vine
- 1 tbsp olive oil
- chunks skinless cod or other white fish fillet
- zest 1 lemon , plus juice of 0.5
- half a 480g pack frozen soya beans
- 1 garlic clove
- bunch basil , leaves and stalks separated
- 100ml chicken or vegetable stock



Serves 2

Method

1. Heat oven to 200C/fan 180C/gas 6. Put the tomatoes onto a baking tray, rub with a little oil and some seasoning, then roast for 5 mins until the skins are starting to split. Add the fish to the tray, top with most of the lemon zest and some more seasoning, then drizzle with a little more oil. Roast for 8-10 mins until the fish flakes easily.
2. Meanwhile, cook the beans in a pan of boiling water for 3 mins until just tender. Drain, then tip into a food processor with the rest of the oil, garlic, basil stalks, lemon juice and stock, then pulse to a thick, slightly rough purée. Season to taste.
3. Divide the tomatoes and mash between two plates, top with the cod, then scatter with basil leaves and the remaining lemon zest to serve.