

COD LOIN ON VEGETABLES IN TOMATO AND PEPPER SAUCE

2 Portions | Preparation time 60 min

INGREDIENTS

1 cod loin
1 leek
1 kohlrabi
4 carrots
½ piece of courgettes
2 tablespoons of lemon juice
Olive oil
Salt, lemon pepper

SAUCE

1 shallot
1 clove of garlic
1 chilli pepper
1 sweet pepper
1 can of tomatoes
3 tablespoons of tomato passata
1 tablespoon balsamico
100 ml of white wine
½ teaspoonful of brown sugar
Olive oil
Salt, cayenne pepper, colourful pepper

PURCHASE LIST

Cod loin
Leek
Kohlrabi
4 carrots
Courgettes
Shallot
Garlic
Chilli pepper
Sweet peppers
Tomato can
Tomato Passata
White wine
Lemon
Balsamico

INSTRUCTION

Wash and dry the cod loin. Then sprinkle with lemon juice on both sides, sprinkle with sea salt and lemon pepper. We put aside the cod prepared in such away.

Wash the leek and cut into half-platters, but only the white part. Peel the carrot and kohlrabi, wash and cut into slices. Wash the courgettes and cut them into 3-millimetre half-platters.

Prepare the sauce. Peel the shallot and cut into small cubes. Remove the seeds from the sweet peppers and chilli peppers, wash and cut into small cubes. Heat the oil in a pot. Put the shallot into the hot oil. When they are glassed, add the squeezed out garlic. After 30 seconds add chopped sweet peppers and chilli peppers. Fry until the peppers are glassed for about 5 minutes. Then add the canned tomatoes and tomato passata. When the tomatoes are cooked add sugar, wine, balsamico, salt and pepper. Reduce for about 7-10 minutes.

Heat the oil in a large frying pan. Then add carrot and kohlrabi. After 2 minutes add the courgette. After 5 minutes add the leek. Fry until the leek has glassed about 7 min.

In an ovenproof dish place half of the fried vegetables on the bottom. Cover the vegetables with half of the sauce. Place our cod loin on the sauce. Cod should be covered with the rest of the vegetables and then the other half of the sauce. Place the cocktail tomatoes on top of the sauce. Bake the dish in the oven. I prefer 30 minutes at 90°C with steam. If you do not have this option, 12 minutes at 180°C up/down is enough.