

Quite easy and very tasty?..

<u>Ingredients:-</u>

- 2 Discounted Cod for-end fillets
- 1 Tin of chopped Tomatoes & ½ a Tin of water
- 1 Onion, Diced
- 2 Cloves of Garlic, minced
- 1 Tsp of dried Thyme
- 1 Tbsp of Soy Sauce (Gluten free for us)

Ground Black Pepper, to season

1 Tsp of Brown Sugar

A knob of Margarine and Oil to fry

Method:-

- (1) Heat the Oil & Margarine in a pan.
- (2) Add the Onions and fry until softened.
- (3) Add the Garlic and fry for a further 2 minutes.
- (4) Season with Ground Pepper and stir in the Tomatoes, Sugar, Soy Sauce and dried Thyme.
- (5) Bring everything to the boil and then reduce the heat to a simmer.
- (6) Simmer for 5 minutes.
- (7) Add the Cod to the Sauce.
- (8) Cover and simmer on a very low heat for 10 minutes.

(9) When the Fish is cooked and flakes easily, you are ready to serve.

We served ours with the Fish on a bed of the sauce, the remained spooned over, Broccoli and Minted New Potatoes. I was rather good?...