

Family friendly



Spicy chickpea stew with cod

Serves 1

1½ tsp olive oil

½ red onion, peeled and finely sliced

½ red pepper, deseeded and sliced

1 clove garlic, peeled and crushed

2 tsp tomato puree

½ tsp smoked paprika or a good pinch of chilli flakes

150g tinned chopped tomatoes

150g tinned chickpeas (drained weight)

Small bunch of basil, leaves torn

Salt and black pepper

150g piece skinless cod fillet

Green salad to serve

Method

Preheat the oven to 200°C and cut a large square sheet of greaseproof paper. Heat the oil in a frying pan over a medium heat, add the onion, pepper and garlic and cook gently for 5 minutes until softened. Stir in the tomato puree and paprika, fry for a minute then increase the heat and add the tomatoes. Cook for a couple of minutes then pour in the chickpeas and cook for a further 2–3 minutes. Stir in the basil and season to taste.

Spoon the bean mixture into the centre of the square of paper and lay the cod on top. Fold one half of the paper over the top of the fish and fold the edges inward to make a neat parcel. Lay the parcel on a baking tray and cook in the oven for 15 minutes. Unwrap the parcels and serve with a simple green salad.

Tip

If you want to get ahead you can make the chickpea stew in advance then chill until needed. Then it's just a case of assembling the parcel and baking in the oven.