



Haddock and tomato stew

NIBBLEDISH CONTRIBUTOR

Ingredients

For 4:

2 haddock fillets, skinned and cubed
A can of chopped tomatoes
1 green pepper, chopped
handful of mushrooms, sliced
1 onion, chopped
150ml veg or fish stock
basil
parsley

Instructions

1. Preheat oven to 200 degrees C.
2. Simmer the haddock cubes in boiling water for a few minutes til cooked through and drain.
3. Fry the onion, pepper and mushrooms.
4. Put the fish and veg into an ovenproof dish. Stir in the tomatoes, stock and herbs.
5. Cover with foil, bake for 25 minutes and serve with boiled rice.