

# Tomato and thyme cod

## Ingredients

- 1 tbsp. rapeseed oil
- 1 onion, chopped finely
- 1 clove of garlic, crushed
- 1 x 400g cans chopped tomatoes
- A few sprigs of fresh thyme or 2 tsp or dried thyme
- 1 tbsp. soy sauce
- 4 fillets of cod, or another white fish



- Heat the oil in a frying pan, add the onion, then fry for 5-8 mins until lightly browned. Stir in the tomatoes, thyme and soy. Bring to the boil, then turn the heat down to a simmer.
- Simmer 5 mins, then slip the cod into the sauce. Cover and gently cook for 8-10 mins until the cod flakes easily.

Serve with steamed tenderstem broccoli and suggestions below

## Meal alterations

Pre-training or high  
energy requirements

- Serve with chick pea pasta, new potatoes, homemade sweet potato wedges

Evening meal or low  
carb requirements

- Serve as it is with some extra virgin olive oil dressing over your greens and some avocado