



# Baked Fish with Ratatouille

SERVES 4

## INGREDIENTS

1 tbs olive oil  
1 onion, chopped  
6 garlic cloves, crushed  
1 aubergine, diced  
1 red pepper, diced  
1 green pepper, diced  
1 tbs chopped oregano

400g can chopped tomatoes  
2 tbs red wine vinegar  
480g thick white fish fillets  
Salt and pepper, to season

### To serve

Chopped parsley and lemon wedges  
Cherry tomatoes, roasted (optional)

## METHOD

1. Preheat oven to 180°C.
2. Heat the oil in a saucepan over medium heat and cook the onion for 3-4 minutes or until starting to soften. Add the garlic, aubergine, pepper and oregano. Cover and simmer, stirring occasionally, for 10 minutes or until vegetables begin to soften.
3. Add the tomatoes and vinegar, cover again, and simmer for 25-30 minutes or until vegetables are very soft.
4. Season the fish fillets and place in a medium baking dish. Pour the vegetable mix over and bake for 20 minutes or until fish is just cooked. Sprinkle with parsley and serve with lemon wedges and tomatoes (if using).

