

Garlic-roasted tomatoes with fish & rocket



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Preparation: about 15 minutes

Cooking: about 40 minutes

Serves: 4

750g Roma (egg) tomatoes, roughly chopped

4 garlic cloves, peeled and chopped

2½ tbs extra virgin olive oil

Sea salt and ground black pepper

4 white fish fillets (like snapper or bream)

2 tbs olive oil

1 bunch rocket, trimmed

Lemon wedges, to serve

1. Preheat oven to 200°C. Place tomatoes and garlic in a large roasting pan. Drizzle with extra virgin olive oil and season with salt and pepper to taste. Toss to coat tomatoes in oil. Bake, turning occasionally, for 35–45 minutes (depending on ripeness) until tender.
2. Season fish with salt and pepper. Heat olive oil in a large non-stick frying pan over medium-high heat until hot. Add fish and cook for 2-3 minutes on each side until just cooked through.
3. Arrange rocket, tomatoes and fish on serving plates and serve with lemon wedges.



Tomatoes:

- Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance any adverse effects of the sodium in salt.