

One-pan Roast Herby Fish

Ingredients:

500g baby potatoes, thinly sliced

1 large onion, thinly sliced

6 tbsp olive oil

8-10 small vine tomatoes, halved

3 anchovy fillets, finely chopped

2 garlic cloves, finely chopped (or 2 tsp of fresh garlic puree)

1 lemon, zested and sliced into discs

½ large bunch of fresh parsley, finely chopped (about 40g)

100g fresh brown breadcrumbs

½ tsp smoked paprika

4 thick white fish fillets, such as sustainable cod, hake, coley, you could even use salmon or trout here

1 red chilli, sliced

Method

Scatter the potatoes and onion into a large roasting tray. Drizzle with 1 tbsp oil, season, then toss to coat. Cook in the oven for 15 minutes at 190C/fan170C/gas5. Add the tomatoes, then return to the oven for 10 minutes more. Meanwhile, whizz the anchovy, garlic, lemon zest and parsley in a food processor with 3 tbsp of the olive oil to make a gremolata. Taste and season.

Mix the breadcrumbs with 2 tbsp oil, paprika and lemon zest and some seasoning. Top the potatoes with the fish fillets, lemon slices and sliced chilli, then scatter with the breadcrumbs.

Return to the oven and cook for 12-15 minutes until the fish steaks are just cooked through and the breadcrumbs are golden. Remove from the oven, top with the herby gremolata, then serve.