

Mediterranean-style Roasted Cod with Tamari

Total time **30 mins** **15 mins** preparation time **15 mins** cooking time

INGREDIENTS

2 portion(s)

- 1** cod loin, around 250g in weight
- 250 g** cherry tomatoes
- 1** red pepper, roughly chopped
- 1** courgette or 4 baby courgettes, cut into batons
- 1** tin of butterbeans, drained
- Juice and zest of half a lemon
- 2** cloves of garlic, crushed
- 2 tbsp** [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)
- Leaves from 3 sprigs of thyme
- Freshly ground black pepper to season
- Rapeseed oil

PREPARATION

Step 1

Preheat the oven to 180 degrees C.

Step 2

Put all of the vegetables, butterbeans, crushed garlic and thyme in a roasting tray. Pour over the tamari and season well with freshly ground black pepper. Drizzle with rapeseed oil and stir well to combine the flavours.

Step 3

Put the fish on top of the veggies, grate the zest of half a lemon over the vegetables and fish and squeeze over the juice of half a lemon. Season again with a little bit more black pepper.

Step 4

Roast in the oven for 15-20 minutes until the fish is fully cooked.