

## Neapolitan Tomato Herring

### Serves 4

455g (1lb) herring fillets, cubed

1 x 455g (1lb) jar ready prepared tomato pasta sauce

1 small onion, sliced

55g (2oz) button mushrooms, sliced

3 x 15ml spoon (3 tbsps) red wine

115g (4oz) pasta shapes, cooked



1. Pour the sauce into a pan, add onion, mushrooms and wine. Heat and simmer for 1-2 minutes.

2. Stir in the fish, cover and cook over a low heat for 6-8 minutes, add the pasta and heat for 2-4 minutes.

3. Serve with bread and salad.