

Captain's Fish Bake

Serves 4

4 fish steaks (cod, haddock or pollack)
1 packet of parsley sauce,
4 slices bread, brown and white, buttered
225g (8oz) frozen stewpack or mixed vegetables
and halved 1 small onion, chopped
30g (1oz) cheese, grated



Preheat oven to 200°C/400°F, Gas Mark 6

1. Bake the fish in the oven for about 10~15 minutes, meanwhile make up the sauce as per the packet instruction.
2. Place the vegetables in a shallow ovenproof dish, pour the cooked fish steaks over the vegetables and cover with the parsley sauce.
3. Arrange the bread, buttered side up over the fish and sprinkle with the grated cheese. Bake for 30-35 minutes until the bread is golden brown.