

# Glucomen

## Recipes

### Olive Crust Cod Fillet

Serves 4 portions

#### Ingredients

50ml olive oil  
1 carrot diced  
1 celery stalk diced  
1 onion diced  
400g lentils  
1.2 litres low salt vegetable stock  
1 tablespoon of breadcrumbs  
1 teaspoon of fresh thyme  
50g black olives  
4 cod fillets

#### Method

1. Heat half the oil in a pan and add the vegetables, cooking until soft. Mix in the lentils and add the stock. Cook this mixture for about 30 minutes, stirring regularly until the stock has been absorbed.
2. Place the breadcrumbs, herbs, remaining oil and black olives into a food processor and blend.
3. Place the cod in a roasting tray and place an equal amount of the blended olive mix on top of the fish. Bake for approx 10 mins at 170C (fan oven) before serving the fish on top of the lentils.

Nutritional Content	Per portion	Traffic Light colour
Energy ( kcal)	571	x
Carbohydrate (g)	61	x
Sugars (g)	6	Green
Fat (g)	15	Amber
Saturated fat (g)	2.5	Green
Salt (g)	1.4	Amber