

Cod with Pancetta & runner beans



Ingredients (Serves 4): 4 equal sized cod fillets, 12 slices of pancetta, 400g runner beans (finely sliced), Olive oil, pepper, baking paper/foil to cover

Preparation: <10 mins chopping vegetables, <25-35 mins cooking

1. Pre-heat oven to 180-190C
2. Prepare an oven-proof dish with a small amount of oil.
3. Prepare the runner beans by removing the top and tail and finely slicing into thin strips (as shown above). Place the beans across the base of the dish.
4. Wrap each fillet in 2-3 slices of pancetta until fully covered. Place on top of the beans evenly across the dish.
5. Cover with baking paper / foil and place into the oven to bake for 15-20 mins.
6. Remove the paper, and leave to cook for a further 5-10 mins so that the pancetta crisps.
7. The cod should flake easily once cooked. Test one fillet before removing them all from the dish. Leave to cook for an extra couple of minutes if required.