

# HOKI FILLETS WITH ROASTED VEGETABLE RATATOUILLE

HEALTHY



Serves 4



Prep Time 15 minutes



Cook Time 30 minutes



## INGREDIENTS

- 2 cloves garlic, crushed
- 1 red onion, sliced
- 1 medium eggplant, cut into cubes
- 2 courgettes, trimmed and thickly sliced
- 1 red capsicum, deseeded, cut into cubes
- 2 Tbsp olive oil

## METHOD

1. Preheat oven to 190°C fan bake, 210°C conventional.
2. Place the prepared vegetables in a medium sized baking dish. Toss the olive oil through the vegetables to coat. Place in the oven and roast for 15 minutes.

- 400 g can **Wattie's Pesto Style Tomatoes**
  - 480 g packet Sealord Simply Crumbed Hoki Fillets with Linseed, Sunflower and Pumpkin Seeds
3. Pour **Wattie's Pesto Style Tomatoes** over the vegetables and stir through. Return to the oven and continue cooking for a further 10 minutes, until vegetables are tender. Remove from the oven and keep warm while cooking the fish.
  4. Place Sealord Simply Crumbed Hoki Fillets with Linseed, Sunflower and Pumpkin Seeds on a baking tray in the preheated oven and bake for 25-30 minutes, turning the fish half way through cooking. Serve with the roasted vegetable ratatouille.