

Ingredients

	5 SERVES	25 SERVES	50 SERVES
Extra Virgin Olive Oil	40mL	80mL	120mL
Red onion, sliced	1	5	10
Garlic cloves, crushed	3	10	15
Ground cumin	1 tsp	1 tbsp	2 tbsp
Ground coriander	1 tsp	1 tbsp	2 tbsp
Sweet paprika	1 tsp	1 tbsp	2 tbsp
Diced tomatoes (tinned)	600g	3kg	6kg
Tomato paste	1 tbsp	¼ cup	½ cup
Cannellini beans (tinned)	400g	2kg	4kg
Raisins	75g	350g	700g
White fish fillets	500g	2.5kg	5kg
Lemon – zest and juice	1	4	8
Parsley	As needed for garnish		



Method

1. Pre-heat oven to 200 degrees Celsius.
2. Heat the oil in a frypan and saute onion for 5 minutes or until softened.
3. Add garlic and spices and cook, stirring for 1 minute.
4. Add in tinned tomatoes, cannellini beans and raisins. Bring to a simmer for 10 minutes or until thickened.
5. Spread half the sauce over the base of a baking dish/s and arrange fish on the top. Zest lemon over fish and squeeze over juice. Top with remaining tomato sauce.
6. Bake in oven for 15-20 minutes or until fish is cooked through and flakes easily.
7. Serve garnished with parsley and a side of roast potatoes and steamed vegetables.

Nutrition, hints and tips

- **Both the fish and cannellini beans are a great source of protein in this recipe**
- **To make this suitable for texture modified diets, omit raisins from recipe**