Foil-Baked Cod with Tomato White Beans

2 complete foil-packet meals, each with 1 cod fillet, half the bean-tomato base and 40 g bread · Active 20 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 2 skinless boneless Atlantic cod fillets (300 g total raw; about 150 g each)
- About 1 1/3 cups fully cooked unsalted white beans, well drained (240 g)
- 2 medium ripe tomatoes, diced (250 g)
- 1/2 small onion, finely diced (60 g)
- 1 small garlic clove, minced (3 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 2 tablespoons drinking water (30 ml)
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)
- 1 tablespoon finely chopped parsley (5 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/8 teaspoon black pepper (0.3 g)
- 2 generous slices whole-wheat bread (80 g total)

Set out

Oven and rimmed baking tray, 2 large heavy-duty foil sheets, about 30 x 40 cm/12 x 16 inches, 2-litre/2-quart saucepan, Spoon, Knife and separate raw-fish board, Kitchen scale, Food thermometer, 2 plates

Allergens

Fish, Wheat; check bread for soy, milk or sesame. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C. Set both foil sheets on the rimmed tray with edges lifted slightly. Keep fish cold while preparing the base.

2. Heat oil in the saucepan over medium heat. Soften onion for 5 minutes, add garlic for 30 seconds, then stir in tomato, cooked beans, water and half the salt. Simmer for 5–7 minutes until tomatoes soften and the bean base is hot through at 165°F/74°C.

3. Divide the hot base between the foil centers. Lay one cold raw cod fillet on each, sprinkle with remaining salt and pepper and add half the lemon and parsley. Wash hands and clean raw-fish equipment. Fold foil edges above the food into secure seams, leaving a little space inside.

4. Bake for 15–20 minutes, or longer for thick fillets. Carefully open a seam away from your face and check the thickest fish reaches 145°F/63°C and is opaque and easily flaked. Reseal and bake longer if needed.

5. Set each opened packet on a plate or spoon its contents carefully onto the plate. Serve each with 40 g of the measured bread.

A useful kitchen skill

Open a steam-filled packet away from your face, then use a thermometer on the actual fish rather than treating escaping steam as a doneness test.

A useful detail

The 55-minute total includes heating the bean base and checking the packets. Cod thickness, not only fillet weight, changes baking time. The beans start fully cooked and drained.

Keep it well

Refrigerate leftovers promptly in shallow covered containers at 40°F/4°C or below, within 2 hours or 1 hour above 90°F/32°C. Use within 2 days, or the shorter original bean deadline. Remove food from foil for storage and reheat the needed portion to 165°F/74°C throughout. Keep bread separately.