

Match Night In

SEAMUS COLEMAN
Irish International Footballer

FAVOURITE FISH FAJITAS

Ingredients

240g x fresh Cod, cut into chunks
1x onion sliced
1 x red pepper sliced
1 x yellow pepper sliced
1 x green pepper sliced
Drizzle of olive oil
Salt and pepper
2tbsp x fajita seasoning

To Serve

Wholemeal wraps
Lettuce
Grated cheese
Diced tomato
Low fat sour cream

**Method**

1. Preheat oven to 200°
2. On a large flat baking tray, mix up the sliced onions and peppers, and lay out in a single layer as much as you can.
3. Drizzle with a little olive oil and sprinkle with half the amount of fajita seasoning.
4. Lay the cod pieces on top of the veg in a single layer, drizzle each with a little oil and sprinkle the rest of the fajita seasoning over the fish.
5. Cut the lime in half and squeeze the juice all over the fish and veggies.
6. Bake in the oven for 20 min, then transfer all to a serving dish (its ok if the fish breaks ups a little).
7. Serve in wraps with any combination of the above toppings, this also works really well with rice.