



# Plaice Fish and Pasta Bake

Ingredients for 2 pax

- 8 ounce can chopped tomatoes in juice
- 1/2 teaspoon dried basil
- 1 small garlic clove, peeled and grated
- 4 ounce penne pasta
- 1 large plaice fillet, skinned and chopped to bite sized pieces
- 1 tablespoon fresh breadcrumbs
- 2 ounces cheddar cheese, coarsely grated
- Salt and pepper
- Freshly chopped parsley to garnish



# PLAICE FISH AND PASTA BAKE

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## METHOD

- 01** Pour the tomatoes in to a saucepan and add the dried basil and the garlic. Season with salt and pepper and bring to a very gentle simmer. Continue to simmer while the pasta is cooked, stirring frequently.
- 02** Put your oven on to preheat to 400F/200C.
- 03** Add the pasta to a large pot of boiling, salted water. Simmer for ten minutes. Drain well through a colander.
- 04** Add the pasta and the plaice to the tomato sauce and carefully stir/fold to combine
- 05** Spoon the mixture in to an ovenproof dish in an even layer and scatter with the combined cheese and breadcrumbs.  
Bake in the oven for fifteen minutes.
- 06** When the dish comes out of the oven, you can further crisp up the topping by placing it under your grill/broiler on a high setting for a minute or so.
- 07** Scatter with the chopped parsley to serve.