**Tomato & thyme cod**

Serves 4 (½ LE 1P)

* 1 tbsp olive oil
* 1 onion, chopped
* 400g can chopped tomatoes
* few sprigs thyme , leaves stripped
* 1 tbsp soy sauce
* 4 cod fillets, or another white flaky fish, such as pollock
1. Heat 1 tbsp olive oil in a frying pan, add 1 chopped onion, then fry for 5-8 mins until lightly browned.
2. Stir in a 400g can chopped tomatoes, the leaves from a few sprigs of thyme and 1 tbsp soy sauce, then bring to the boil.
3. Simmer 5 mins, then slip 4 cod fillets into the sauce.
4. Cover and gently cook for 8-10 mins until the cod flakes easily. Serve with baked or steamed potatoes.