



Stiw Penfras a Chorbys

400kcal

Gweini 2

Cynhwysion

2 Ffiled Penfras

4 Clof garlleg

10g Olew olewydd

500g Tomatos

160g Corbys mewn tun (wedi ei ddraenio)

200g Tatws (wedi plicio a'u torri yn ddarnau)

120g Moron

180g Courgette

Halen

Persli i'w addurno

Dull

1. Torrwch y garlleg yn fan a'i ychwanegu i badell oer maint canolig gyda'r olew olewydd. Rhowch ar wres isel-canolig am 2-3 munud.
2. Pliciwch a thorrwch y moron a'r courgettes yn fach a'u hychwanegu i'r badell. Coginiwch am ychydig funudau.
3. Torrwch y tomatos yn fras a'u hychwanegu i'r badell.
4. Pliciwch a thorrwch y tatws yn giwbiau bach tua 2cm mewn maint a'u hychwanegu i'r badell gyda'r corbys. Trowch y cwbl a'i adael i ffrwtian am 8 munud.
5. Yna, ychwanegwch y pysgod a'i orchuddio gyda chaead. Gadewch i goginio am tua 10 munud nes bod y pysgod wedi coginio trwodd.
6. Ychwanegwch binsiad o halen.
7. Rhannwch y llysiau rhwng dau blât gan weini un ffiled o'r penfras yr un.
8. Gorchuddiwch gydag ychydig o bersli i orffen.

Cod and Chickpea Stew

400kcal

Serves 2

Ingredients

2 cod fillets (120g each, 240g total)

4 garlic cloves

10g olive oil

500g Tomatoes

160g tinned chickpeas, drained

200g Potatoes, peel and chopped

120g Carrots

180g Courgette

Salt to taste

Parsley to decorate

Method

1. Finely chop the garlic and add to a cold medium pan with the olive oil and place on the hob over a low-medium heat for 2-3 minutes.
2. Peel and finely chop the carrots and chop the courgettes and add to the garlic, continue to stir fry over a low heat for a couple more minutes.
3. Roughly chop the tomatoes and add to the pan and give everything a good stir.
4. Peel and chop the potatoes into small cubes, around 2cm in size and add to the pan along with the chickpeas. Give everything a stir and leave to bubble for around 8 minutes.
5. After this time, add in the cod fillets and cover with a lid. Leave to cook for around 10 minutes or until the fish is cooked through.
6. Season with salt and carefully stir the pan making sure not to break up the cod.
7. Serve a fillet per person and divide up the remaining vegetables and chickpeas.
8. Sprinkle with a little chopped parsley for colour and flavour.