



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: Marion Waterkeyn

Recipe Title: CVT-Roulettes

Recipe Ingredients:

- 400 grams (14 ounces) of codfish
- 1 zucchini
- a lot of cherry tomatoes
- fresh spices (basil, parsley,...)
- lime
- olive oil

Recipe Instructions

1. Cut codfish in the length and cut the zucchini into long slices.
2. Mince the spices and mix with salt, pepper, lime and olive oil.
3. Lay out the slices zucchini like roof tiles next to each other but make sure they overlay a bit.
4. Put the slices fish on the slices zucchini (make sure the fish sticks out a bit on both ends.
5. Put the spices on it.
6. Put the leftover spices at the bottom of the casserole and put the cherry tomatoes around it.
7. Taste and season one last time with salt and pepper.
8. Pour a little olive oil over everything and bake in the oven for 20 minutes at 180 degrees Celsius.