

# COD WITH CREAMY ZOODLES



Serves: 2  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
271 kcal  
11g Fats  
13g Carbs  
33g Protein



## WHAT YOU NEED

### For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- ½ tsp. chili
- 1 tbsp. buckwheat flour
- ¼ cup (60ml) vegetable stock
- ⅓ cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

### For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

## WHAT YOU NEED TO DO

### For the fish:

*Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.*

*Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.*

*Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.*

### For the zucchini:

*Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.*

*Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.*

*To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.*

