

Moroccan Cod & Bulgur Salad

Serves 2

10 oz. (300g) cod fillets
1 tbsp. lemon juice
2 cloves garlic, crushed
½ tsp. turmeric
½ tsp. paprika
½ tsp. cumin
pinch of saffron
2 tbsp. olive oil
scant ½ cup (100g) of bulgur groats
1 tomato, chopped
¼ onion, chopped
15 green olives, halved
3 sprigs of parsley, chopped
lemon wedges, to serve

What you need to do

1. Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil. Leave for half an hour to marinate.
2. Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.



DF	HP	Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
		35 mins	15-25 mins	447	18	42	34

*Nutrition per serving

