

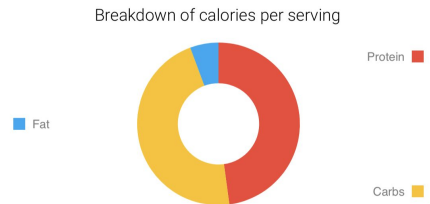
TAPAS STYLE

FISH STEW & CRISPS

I love cod. In fact growing up the first cod I tasted was salt cod or baccala. It's firmer flesh than fresh cod and quite commonly used in Spain and Italy.

This fish stew is really quick to make and lovely light. I used a Tefal Actifyr to cook my crisps but the oven will work just as well.

INGREDIENTS FOR 1 SERVING

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 382 Protein 45.8 g Carbs 44.5 g Fat 2.4 g Sugar 7.3 g Sat Fat 0.3 g Fibre 9.2 g Sodium 0.2 g</p> <p>Breakdown of calories per serving</p>  <p>■ Protein ■ Fat ■ Carbs</p>	200g	Cod loin
	45g	Onions, chopped
	95g	Chopped tomatoes
	1	Garlic clove, crushed or chopped
	180g	Potatoes
	30 ml	Water
	149g	Spinach
		Salt & Pepper

METHOD

- Preheat your oven to 190°C fan/400°F and line a baking sheet with non stick foil.
- Wash the potatoes and carefully cut them into crisps or thin slices.
- Put the potato slices into a bowl, add half the oil along with salt and pepper to taste.
- Give the potatoes a good mix and lay the slices onto the baking tray.
- Bake them until they are golden brown in colour, should take around 20-25 minutes.
- Put a frying pan onto a medium heat, add the remaining oil, gently fry the garlic and onions for a few minutes to soften.
- Add the tomatoes and water.
- Bring to a rapid boil and then reduce to a simmer.
- Season to taste and add the cod loin.
- Cover to poach the cod and after 5 or so minutes add the spinach to the pan to wilt.
- When ready serve the cod in a tapas dish along with your home made crisps and eat.

NOTES

- You can use frozen cod straight from the freezer instead of fresh.
- Feel free to add some fresh parsley and a squeeze of lemon!