

COD, CHARD & ONION

Time: 60 minutes

Serves: 4

Ingredients:

20ml extra-virgin olive oil
2 medium yellow onions - sliced
2g plus one pinch kosher salt
2 cloves garlic - finely chopped or grated
1 bunch red chard - leaves roughly torn and stalks discarded
150ml water
Two cod filets - approximately 125g each
Few grinds fresh ground black pepper

Preparation:

Place a frying pan on medium heat and add 10ml of the oil. Add the onions and two grams of the salt, stirring occasionally for eight minutes or until onions are well browned.

Stir in the garlic and cook for one more minute. Remove the onions from the pan and set aside to keep warm.

Add the chard, water and a pinch of salt to the pan, stirring occasionally until the water has evaporated.

Remove the chard and set aside to keep warm.

Season the fish with a few grinds of pepper.

Add the remaining 10ml of oil to the pan.

Cook the fish for two minutes per side. Remove from heat.

Plate the onions, topped with the fish and finally chard. Serve immediately.

Nutritional Information Per Serving:

Calories: 170
Fat: 6g
Carbs: 9g
Fibre: 2g
Protein: 22g