



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

COD & CAPERS

Time: 20 minutes

Serves: 4

Ingredients:

40g capers - drained
40g avocado oil
500g fresh cod filets

Preparation:

Place the capers and oil in a small saucepan on medium heat. Cook, stirring occasionally until the capers puff up. Remove capers with a slotted spoon onto paper towel and set aside.

Poor the oil into a large frying pan on medium-high heat.

When the oil is hot, pat the cod dry with paper towel and place in the frying pan. Cook for two minutes per side, then remove from heat.

Plate the cod garnished with the capers and cooking oil. Serve immediately.

Nutritional Information Per Serving:

Calories: 193
Fat: 11g
Carbs: 0.5g
Fibre: 0.3g
Protein: 23g