

## COD STEW

**Time: 30 minutes (plus salt cod soaking time)**

**Serves: 6**

### **Ingredients:**

450g boneless salt cod  
30g extra-virgin olive oil  
4 fresh basil leaves - roughly torn  
3 Roma tomatoes - seeded and diced  
3 cloves garlic - chopped  
1 large yellow onion - sliced  
8g Spanish paprika  
1g crushed red chili  
200g water  
200g coconut milk  
25g parsley leaves - finely chopped  
6 green onions - sliced

### **Preparation:**

Place cod in a bowl and cover with water. Refrigerate for 24 hours, changing the water three times. Drain and slice into 3cm pieces.

Place oil in a pot over medium-high heat.

When oil is hot, add the basil, tomatoes, garlic, yellow onion, paprika and chili. Cook stirring occasionally for eight minutes.

Add the cod and water. Bring to a boil, then cover. Reduce heat to simmer for fifteen minutes.

Stir in the coconut milk, increase heat and return to a boil.

Remove from heat, stirring in the parsley and green onion.

Serve immediately.

### **Nutritional Information Per Serving:**

Calories: 390  
Fat: 12g  
Carbs: 7g  
Fibre: 1g  
Protein: 58g