



Cod Fillets in an Aromatic Red Sauce

10'

Hands on

8'

Cook Time

6

Portion(s)

1

Difficulty



Method

- Finely chop the garlic, red pepper and ginger.
- Place a [wide pot](#) over medium heat and let it get hot.
- Add the garlic, red pepper and ginger. Sauté for 1-2 minutes, until golden.
- Add the turmeric, cumin and fennel seeds.
- Stir with a wooden spoon and sauté so they can release their aromas.
- Add the canned tomatoes, water, salt and pepper.
- Stir and bring to a boil.
- Add the broccoli florets and cod fillets.
- Cook for 6-8 minutes, until the fillets are ready and the sauce thickens.
- Remove from heat, add the fresh coriander, season to taste and serve.

Ingredients

- 2 cloves of garlic
- 1 red horn pepper – Florinis
- 30 g fresh ginger
- 2 tablespoons olive oil
- 1 teaspoon turmeric
- 2 teaspoons ground cumin
- 1 teaspoon fennel seeds
- 600 g canned tomatoes
- 200 g water
- salt
- pepper
- 200 g broccoli, cut into small florets
- 6 cod fillet slices 100g/each
- 2 tablespoons fresh coriander, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

143 Calories (kcal)	3.4 Total Fat (g)	0.6 Saturated Fat (g)	5.6 Total Carbs (g)
7%	5%	3%	2%
4.7 Sugars (g)	20.0 Protein (g)	2.3 Fibre (g)	0.22 Sodium (g)
5%	40%	9%	4%