

Cod in parsley sauce



Serves	Prep Time	Cooking	Total Time	Calories
2 people				490 kcal

Stuff that's in it:

- ½ (70G) Onion (Roughly Chopped)
- 250Ml Fish Or Chicken Stock
 - 15G Plain Flour
 - 20G Lurpack Lighter
- 1 Tbsp Flat Leaf Parsley (Finely Chopped)
- 2 Pieces Of Cod Loin (Or Fish Of Your Choice)
 - 80G Frozen Peas
 - 60Ml Single Cream
- 400G Maris Piper Potatoes (Peeled And Chopped)
 - 300G Broccoli Florets
 - Squeeze Of Lemon Juice
 - 1 Tbsp White Wine Vinegar

What you do:

Pop your potatoes on to boil for around 20-30 minutes until soft.

Blitz the onion in a food processor.

Add the butter and onion to a large saucepan and sweat for a few minutes until soft.

Add the vinegar and cook for a minute or 2 then add the flour to make a paste.

Very slowly add the stock, whisking as you do so. Add the parsley, squeeze of lemon juice and peas and simmer for 5 minutes.

Steam your broccoli florets.

Remove sauce from heat then stir through the cream.

Return to heat, bring to simmer , drop the fillets in and simmer for around 4-5 minutes or until cooked all the way through.

Mash your potatoes with a splash of milk.

Serve with the mash and broccoli

Nutrition

- Carbs: 53g
- Fat: 13g
- Protein: 37g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com