

COD WITH CREAMY ZOODLES

Serves 2

For the fish:

- 10 oz. cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- ½ tsp. chili
- 1 tbsp. buckwheat flour
- ¼ cup vegetable stock
- ½ cup cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes



Directions:

For the fish:

1. Cut the fish so you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.
2. Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.
3. Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:

4. Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.
5. Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.
6. To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.

