SPANISH · DINNER · LUNCH

Seville Orange Cod with Garlic Spinach

Bacalao a la naranja con espinacas

35 min · Serves 2 · 414 kcal a serve · Video 7:46 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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42 g protein and 8 g net carbs a serve from cod on a big bed of garlicky spinach, with olive oil and no flour, sugar or dairy. Rich in vitamin K, folate and vitamin A from the spinach.

Diet notes: Low carb (8.1 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3.3 g, 7% of the energy).

Ingredients 11 · SERVES 2

- [ ] 400 g **cod fillet**, about 2½ cm thick, in 2 pieces
- [ ] **Orange juice**: juice of 1 large orange, to marinate (most of it drains off)
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **garlic powder**
- [ ] ½ tsp **onion powder**
- [ ] **Salt**: ½ tsp sea salt (part in the spice mix, part for the spinach) and black pepper
- [ ] 3 tbsp extra **virgin olive oil** (1 for the spinach, 2 for the cod)
- [ ] 4 **garlic** cloves, roughly minced
- [ ] 300 g **fresh spinach**
- [ ] 2 **orange** slices, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the cod in a shallow dish, pour over the juice of a large orange so it coats the top, cover and marinate in the fridge for 15 minutes. 1:13
2. Mix the paprika, cumin, garlic powder, onion powder, a little of the salt and some pepper. 1:53
3. Drain the cod on a rack to shed the excess juice, then sprinkle the spice mix generously over both sides. 2:26
4. Warm 1 tbsp olive oil in a large pan over medium heat, sizzle the garlic 20–30 seconds, then add the spinach in batches until wilted. Season with the rest of the salt and pepper, cover and keep warm. 2:59
5. Heat a non-stick pan over medium-high heat, add 2 tbsp olive oil and fry the cod about 3 minutes a side for 2½ cm fillets (2–2½ minutes for thinner ones). 4:44
6. Serve the cod on the garlic spinach with a slice of orange. 5:55

> **Tip** Pat the spinach dry if you use frozen. Don't overcook the cod; it is done as soon as it flakes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
414 kcal	**42** g	**13** g	**4.5** g	**23** g	**810** mg
1,730 kJ	84% of a day	8.1 g net · 3.6 g sugars	16% of a day	3.3 g saturated	35% of a day
		5% of a day		29% of a day	

Energy from net carbs 8% · protein 41% · fat 51% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 615% · Selenium 115% · Vitamin A 84% · Folate 79% · Vitamin B12 73% · Vitamin C 68% · Vitamin B6 52% · Vitamin E 51% · Magnesium 47% · Omega-3 43% · Iron 32% · Potassium 29%

Source of (10–19%) Zinc 18% · Calcium 16%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=6sKfn1lV6hs. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bacalao-a-la-naranja-con-espinacas