SPANISH · DINNER · LUNCH

Spanish Garlic Cod

Bacalao al ajillo

15 min · Serves 6 · 268 kcal a serve · Video 6:13 · Spain on a Fork

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

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22 g protein and under 2 g net carbs a serve, rich in selenium and vitamin B12: cod seared in olive oil and finished with garlic, chili and parsley, with no flour or batter. Paleo as written; light on vegetables for DASH, so serve it with a big salad.

Diet notes: Keto (1.6 g net carbs a serve); Low saturated fat (2.7 g, 9% of the energy).

Ingredients 12 · SERVES 6

- [ ] 90 ml extra **virgin olive oil**, for the pan
- [ ] 6 **cod fillets**, about 120 g each, patted dry
- [ ] 6 **garlic** cloves, thinly sliced
- [ ] ¼ tsp **crushed red pepper flakes**
- [ ] 1 tbsp (15 ml) **lemon juice**
- [ ] 2 tbsp chopped **parsley**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] 2 **garlic** cloves, roughly chopped (for the garlic-parsley paste)
- [ ] 2 tbsp chopped **parsley** (for the paste)
- [ ] 2 tbsp (30 ml) extra **virgin olive oil** (for the paste)
- [ ] a pinch of **sea salt** (for the paste)
- [ ] **lemon wedges**, to serve

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. Make the garlic-parsley paste: pound the 2 chopped garlic cloves, 2 tbsp parsley and a pinch of salt in a mortar until pasty, then stir in 2 tbsp olive oil. 1:08
2. Heat 80 ml olive oil in a large frying pan over medium heat. Pat the cod fillets completely dry on paper towels and season both sides with salt and pepper. 1:50
3. When the oil is hot, lay the fillets skin side down in a single layer and cook about 6 minutes in all (roughly 4 on the skin side, 2 on the other) until just opaque and flaking. Lift them out. 2:30
4. In the same pan and heat, stir the sliced garlic and red pepper flakes for 1–2 minutes until fragrant and barely golden. Turn off the heat and stir in the lemon juice, 2 tbsp parsley, salt and pepper. 3:09
5. Return the cod skin side down, spoon the garlicky oil over each fillet, dot with the garlic-parsley paste and serve from the pan with lemon wedges. 4:07

> **Tip** Dry the fish really well before it goes in the oil so it sears instead of steaming.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
268 kcal	22 g	1.8 g	0.2 g	19 g	560 mg
1,120 kJ	44% of a day	1.6 g net · 0.2 g sugars	1% of a day	2.7 g saturated	24% of a day
		1% of a day		24% of a day	

Energy from net carbs 2% · protein 33% · fat 65% — fits keto: 1.6 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 67% · Vitamin B12 44% · Vitamin K 32% · Vitamin E 23% · Omega-3 21%

Source of (10–19%) Vitamin B6 19% · Magnesium 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=4o_h7VVHblQ. 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-al-ajillo-spanish-garlic-cod