SPANISH · DINNER · LUNCH

Pan-Fried Cod with Garlic Tomatoes

20 min · Serves 2 · 539 kcal a serve · Video 7:16 · Spain on a Fork

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

48 g protein and 9 g net carbs a serve from cod with garlicky cherry tomatoes and olive oil, with no flour, sugar or dairy. Rich in selenium and vitamin B12.

Diet notes: Low carb (8.5 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (4.1 g, 7% of the energy).

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Ingredients 7 · SERVES 2

- [ ] 8 **garlic** cloves, roughly chopped
- [ ] 1½ cups **cherry tomatoes**, halved
- [ ] a handful of **fresh parsley**, chopped (2 tbsp for the sauce, the rest to finish)
- [ ] 2 **cod fillets**, 8 oz each, about ½ inch thick (or hake, halibut or tilapia)
- [ ] ¼ cup extra **virgin olive oil**
- [ ] ½ cup **white wine** (or broth with a squeeze of lemon)
- [ ] **Salt**: sea salt and black pepper, to taste

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

Allergens found in the listed ingredients: Fish, Sulphites. 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. Chop the garlic, halve the cherry tomatoes and chop the parsley. Pat the cod fillets dry and season both sides with a little salt and pepper. 0:53
2. Heat ¼ cup olive oil in a large frying pan over medium heat. Fry the cod about 2½ minutes a side, until just cooked through, then lift onto a rack. 2:13
3. In the same oil, stir the garlic for about 30 seconds without letting it brown, then add the tomatoes and sauté about 3 minutes, until just softening. 3:12
4. Pour in the wine, add 2 tbsp parsley and season. Simmer 3–4 minutes without stirring, until the wine has reduced by half. 3:55
5. Return the cod, spoon the sauce over and warm through for about 30 seconds. Serve straight from the pan with more parsley. 4:43

> **Tip** Thin fillets need about 30 seconds less a side, thick ones 30 seconds more; overcooked cod turns rubbery. A green salad or roasted vegetables round it out.

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
539 kcal	48 g	10 g	1.8 g	29 g	560 mg
2,250 kJ	95% of a day	8.5 g net · 3.5 g sugars	6% of a day	4.1 g saturated	24% of a day
		4% of a day		37% of a day	

Energy from net carbs 7% · protein 39% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 140% · Vitamin K 103% · Vitamin B12 92% · Vitamin B6 49% · Vitamin E 41% · Omega-3 38% · Vitamin C 32% · Magnesium 26%

Source of (10–19%) Potassium 19% · Zinc 15% · Iron 13% · Vitamin A 11% · Folate 11% · Vitamin D 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=xLqvmJWExR0. 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-con-tomates-al-ajillo