GREEK · DINNER · LUNCH

Mediterranean Cod and Chickpea Skillet

30 min · Serves 4 · 371 kcal a serve · Video 4:03 · Dimitra's Dishes

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

30 g protein and about 18 g net carbs a serve, rich in selenium, vitamin B12, vitamin K and folate: cod cooked on a skillet of chickpeas, onion, grape tomatoes, capers and olives in about 30 minutes. For DASH, keep added salt to a pinch a serve; the capers and olives bring plenty.

Diet notes: Low saturated fat (2.4 g, 6% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 13 · SERVES 4

- [ ] 1 **onion**, halved and thinly sliced
- [ ] 60 ml **olive oil**
- [ ] **salt and black pepper**, to taste
- [ ] 4–5 **garlic** cloves, grated
- [ ] 1 (430 g) can **chickpeas**, drained and rinsed
- [ ] a handful of **grape tomatoes**
- [ ] 2 tsp **capers**
- [ ] 10–12 **Kalamata olives**
- [ ] 1 heaping tsp **dried oregano**
- [ ] 500 g **cod**, cut into pieces
- [ ] **salt and pepper** for the fish
- [ ] 2 tbsp finely chopped **parsley**
- [ ] **lemon wedges**, for serving

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. Halve the onion and slice it thinly. 0:19
2. Cook the onion in the olive oil with a pinch of salt in a large skillet over medium heat until soft and lightly golden. Add the garlic and stir just until fragrant. 0:40
3. Add the drained chickpeas and warm them through. 1:06
4. Add the grape tomatoes, capers, olives and oregano, season with salt and pepper and cook over medium heat until the tomatoes start to soften. 1:35
5. Lay the cod on top, season it, cover, turn the heat to low and cook 12–15 minutes, until the fish flakes easily. 2:05
6. If the fish released a lot of liquid, uncover and cook about 3 minutes over medium-high heat to reduce it. Finish with lemon juice and parsley. 2:37

> **Tip** No grape tomatoes? Use one or two fresh tomatoes or a can of diced tomatoes.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
371 kcal	**30 g**	**25 g**	**6.6 g**	**17 g**	**820 mg**
1,550 kJ	59% of a day	18 g net · 5.5 g sugars 9% of a day	24% of a day	2.4 g saturated 22% of a day	36% of a day

Energy from net carbs 21% · protein 35% · fat 44% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 74% · Vitamin B12 46% · Vitamin K 41% · Folate 34% · Vitamin B6 29% · Vitamin E 24% · Omega-3 22% · Magnesium 20%

Source of (10–19%) Iron 19% · Zinc 16% · Vitamin C 14% · Potassium 12%

Recipe and video: Dimitra's Dishes on YouTube — youtube.com/watch?v=QNYuxW1nw6g. 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/dimitras-mediterranean-fish-chickpea-skillet