MEDITERRANEAN · LUNCH · DINNER

Mediterranean Cod en Papillote with Zucchini

30 min · Serves 4 · 255 kcal a serve · Video 7:40 · Downshiftology

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

Each parcel gives about 33 g of lean protein for roughly 250 kcal and 5 g net carbs, steamed with vegetables and a little olive oil rather than butter or cream. Cod is also rich in selenium and vitamin B12.

Diet notes: Low carb (5.2 g net carbs) but not keto: 37% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

10 · SERVES 4

- [ ] 4 **cod fillets**, about 170 g each, similar thickness
- [ ] about 20 **cherry or grape tomatoes**, halved
- [ ] about 20 **olives** (a mix of Kalamata and green Castelvetrano), halved or quartered
- [ ] 1 medium **zucchini**, very thinly sliced
- [ ] 1 small **shallot**, thinly sliced
- [ ] 2 **lemons**, thinly sliced (2–3 slices per fillet)
- [ ] 4 sprigs **fresh thyme**
- [ ] 2 tbsp **extra-virgin olive oil**, drizzled over the parcels
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste

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

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. Halve the tomatoes and olives, slice the zucchini very thinly so it softens in time, and thinly slice the shallot and lemon. 0:30
2. Cut four large sheets of baking paper and fold each in half to mark the centre line. 3:22
3. On one half of each sheet lay a bed of zucchini, set a cod fillet on top and season with salt and pepper. Cover the fish with 2–3 lemon slices and some shallot. 3:46
4. Scatter the tomatoes and olives around the fish, add a thyme sprig and finish with a drizzle of olive oil. 4:05
5. Fold the paper over and crimp the edges tightly all the way round in a half-moon shape so no steam escapes. Place the parcels on a baking tray. 4:26
6. Bake 14–18 minutes depending on thickness (thinner or frozen fillets need the shorter time). Cut the parcels open at the table, taking care with the steam, and spoon all the juices over the fish. 5:30

> **Tip** Baby spinach works instead of zucchini as the base, and capers can replace the olives. The cook serves it with lentils; for a keto plate add cauliflower rice or a green salad. Snapper or barramundi work too.

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
255 kcal 1,070 kJ	33 g 65% of a day	7.7 g 5.2 g net · 3.9 g sugars 3% of a day	2.5 g 9% of a day	10 g 1.5 g saturated 13% of a day	650 mg 28% of a day

Energy from net carbs 9% · protein 54% · fat 37% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 94% · Vitamin B12 62% · Vitamin B6 33% · Vitamin C 26% · Omega-3 23% · Vitamin E 22%

Source of (10–19%) Magnesium 19% · Potassium 14% · Vitamin K 12% · Iron 11% · Zinc 11% · Folate 10%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=PkDjltVCTT0, published 12 March 2023. 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/mediterranean-cod-en-papillote