GLOBAL · DINNER

One-Pan Harissa Fish with Lentils and Spinach

30 min · Serves 4 · 491 kcal a serve · Video 9:08 · The Doctor's Kitchen

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

Fish and lentils give each serve about 33 g of protein and around 9 g of fibre, with tomatoes, spinach and turmeric for colour and antioxidants. The coconut milk adds saturated fat, so it is richer than it looks.

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Ingredients 14 · SERVES 4

- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 200 g **shallots**, roughly sliced
- [ ] 2 **garlic** cloves, chopped
- [ ] 250 g **baby tomatoes**, halved
- [ ] 2 tsp **ground turmeric**
- [ ] a couple of **cracks of black pepper**
- [ ] 3–4 tbsp **harissa paste**
- [ ] 400 ml **passata**
- [ ] 1 can **coconut milk**
- [ ] 250 g cooked **lentils** (beluga or puy)
- [ ] 120 g **spinach**
- [ ] 480 g **white fish fillets** (halibut here; salmon in his original)
- [ ] **pickled red onions**, to serve (optional)
- [ ] **coriander**, to serve (optional)

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop the garlic, slice the shallots and halve the tomatoes. Warm the olive oil in a wide, deep pan over low-medium heat and gently fry the shallots for a few minutes until soft and lightly golden. 0:39
2. Add the garlic and tomatoes and cook until the tomatoes collapse and turn jammy. Stir in the turmeric and black pepper for a minute, then the harissa, until deep orange. 4:02
3. Pour in the passata and coconut milk and simmer a couple of minutes. Stir in the cooked lentils, then the spinach, and let it wilt. 5:48
4. Nestle the fish fillets into the sauce and simmer gently on low heat, lid on or off, until the fish is opaque and flakes easily. 7:38
5. Bring the pan to the table and finish with pickled red onions and torn coriander. 8:21

> **Tip** Tastes even better the next day, so make extra for lunch. Use light coconut milk to cut the saturated fat. Skinless chicken or firm tofu can replace the fish, and chickpeas or black beans the lentils.

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
491 kcal	34 g	34 g	9.5 g	27 g	260 mg
2,060 kJ	67% of a day	24 g net · 11 g sugars	34% of a day	20 g saturated	11% of a day
		12% of a day		34% of a day	

Energy from net carbs 20% · protein 29% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 135% · Selenium 82% · Folate 57% · Iron 48% · Vitamin B12 44% · Vitamin B6 44% · Vitamin C 43% · Magnesium 37% · Potassium 31% · Zinc 25% · Vitamin A 25% · Vitamin E 24%

Source of (10–19%) Omega-3 18%

Recipe and video: The Doctor's Kitchen (@doctors_kitchen) on YouTube — youtube.com/watch?v=mu824wbtUiw, published 12 April 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/one-pan-harissa-fish-lentils