MEDITERRANEAN · DINNER · LUNCH

Mediterranean White Fish Shakshuka

35 min · Serves 4 · 326 kcal a serve · Video 6:47 · Spain on a Fork

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

26 g protein and 20 g net carbs a serve from cod poached in a pepper and tomato sauce with olive oil, with no flour, sugar or dairy. Rich in vitamin C from the peppers.

Diet notes: Low saturated fat (1.9 g, 5% of the energy).

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Ingredients 16 · SERVES 4

- [ ] 3 tbsp extra **virgin olive oil**
- [ ] 1 medium **onion**, finely chopped
- [ ] 4 large **garlic** cloves, roughly chopped
- [ ] 1 **red bell pepper**, finely chopped
- [ ] 1 **green bell pepper**, finely chopped
- [ ] 1½ tsp **sweet smoked Spanish paprika**
- [ ] ¾ tsp **ground cumin**
- [ ] 2 cans (15 oz, 15 oz each) diced **tomatoes**
- [ ] **Olives**: ⅓ cup pitted, sliced kalamata olives
- [ ] 4 **cod fillets**, 4 oz each (or tilapia, halibut or hake)
- [ ] **Dried herbs**: 1 tsp dried cilantro (coriander) and ½ tsp dried dill
- [ ] ½ tsp **ground turmeric**
- [ ] ¼ tsp **crushed red pepper flakes**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] 2 tsp **lemon juice**
- [ ] chopped **fresh cilantro**, to garnish

Amounts in US 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. Heat 3 tbsp olive oil in a large pan over medium heat. Chop the onion, garlic and both peppers, add them and stir often for about 5 minutes until the onion is translucent. 0:51
2. Stir in the paprika and cumin quickly so they don't turn bitter, then add the tomatoes and olives, season and simmer about 10 minutes until slightly reduced. 1:40
3. Meanwhile pat the cod dry. Mix the dried cilantro, turmeric, dill and chilli flakes and rub the mix all over the fillets, then season both sides with salt and pepper. 2:46
4. Nestle the fish into the sauce in a single layer and turn to coat. Cover and simmer 6–8 minutes, until it is just cooked and flakes. 3:59
5. Finish with lemon juice and chopped cilantro and serve from the pan. 4:32

> **Tip** Any firm white fish works. The olives bring plenty of salt, so taste before seasoning the sauce. Albert serves it with a crunchy baguette (not in the numbers).

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
326 kcal 1,360 kJ	**26 g** 53% of a day	**27 g** 20 g net · 13 g sugars 10% of a day

FIBRE	FAT	SODIUM
7.7 g 27% of a day	**14 g** 1.9 g saturated 18% of a day	**890 mg** 39% of a day

Energy from net carbs 26% · protein 34% · fat 40%

High in (20%+ of a day) Vitamin C 116% · Selenium 68% · Vitamin B6 47% · Vitamin E 44% · Vitamin B12 42% · Iron 30% · Potassium 24% · Magnesium 22% · Vitamin K 22% · Omega-3 20%

Source of (10–19%) Vitamin A 17% · Folate 17% · Zinc 15% · Calcium 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=bLTAT_EZd2A. 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/white-fish-shakshuka