



Portuguese Creamy Cod

2 servings

35 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 1/2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Cow's Milk, Whole
- 1/4 cup Cream, Half & Half
- 1 Yellow Potato (medium, peeled, diced)
- 2 tbsps Parsley (chopped, plus extra for garnish)
- 57 grams Mozzarella Cheese (shredded)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 406 |
| Fat | 15g |
| Carbs | 24g |
| Fiber | 2g |
| Protein | 42g |
| Calcium | 271mg |

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Heat the oil in a medium pot over medium heat. Season the fish with salt and pepper. Add them to the pot and cook for about six to seven minutes on each side. Remove the fish from the pot and set them aside.
- 3 Add the milk, cream, and potatoes to the pot. Bring to a boil, reduce the heat down to simmer, and let simmer for about 10 minutes or until potatoes are tender.
- 4 Flake the fish with a fork and transfer it back to the pot. Stir and simmer for another five minutes. Add the parsley.
- 5 Transfer the mixture to an oven-safe dish. Top with mozzarella and bake in the oven for seven to eight minutes or until the cheese has melted.
- 6 Top with extra parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add nutmeg and paprika.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

Cabbage soup portuguese style



Total time 40 mins



More effort



Serves 4



Ingredients

450g of savoy cabbage, sliced

500g of potatoes, diced

380g of vegetable stock

1/2 onion, finely chopped

1 garlic clove, crushed

1 piece of spicy chorizo, sliced

olive oil

salt and freshly ground pepper

Method

- Step 1** Heat some oil in a heavy-base pan. Add the onion and the garlic and cook until they begin to soften and turn light golden.
- Step 2** Add the potatoes and cook for 2 minutes, stirring, then add the stock. Bring to the boil and cook covered for 15 minutes or until tender. Mash the potatoes.
- Step 3** Add the sliced cabbage and cook for further 5 minutes. Season with salt and pepper to taste.
- Step 4** Meanwhile, heat a non-stick frying pan and cook the chorizo until crispy.
- Step 5** Pour the "caldo verde" (green soup) into individual cups and scatter over the top some chorizo crispy slices.