



COCONUT CRISPY COD

Aim: A protein and micronutrient powerhouse!

Ingredients

- 3 x 120g Fresh Cod Fillets
- 1 Egg
- Salt and Black Pepper
- 35g Ground Almonds
- 15g Desiccated Coconut
- 1 large pinch Ground Turmeric
- 1 large pinch Ground Cumin
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- 400g Tenderstem Broccoli
- 1 Lime, quartered
- Fresh Coriander, roughly chopped

Directions

READY IN: 20 // SERVINGS: 3

1. Preheat the oven to 180°C.
2. In a bowl, lightly beat the egg together with the salt and black pepper. In a separate bowl, combine the remaining dry ingredients (almonds, coconut and spices).
3. To batter the cod turn each cod fillet first in the egg until fully coated, and then in the dry ingredients until fully coated. Once coated, place each fillet on a baking tray. Bake the cod in the preheated oven for approx. 15 minutes, until the batter is golden brown and the cod is cooked through.
4. Once the cod is in the oven, bring a saucepan of water to the boil and cook the broccoli until al dente. Serve the cod over the broccoli, topped with a quarter of lime and fresh coriander.

Variations to consider: Make this with chicken instead., chicken thighs for higher fat content! Increase fat by sautéing the broccoli in olive oil – add some garlic and chilli for extra flavour! Swap in your favourite leafy green veg, or a hearty salad in the summer months! Add more carbs and fibre to the dish, with a wholegrain such as brown rice, or with some sweet potato

CALORIES

298

CARBOHYDRATE

9

PROTEIN

34

FAT

14