



**CURRIED COD IN
TOMATO SAUCE**

THE GENOMIC
KITCHEN

CURRIED COD IN TOMATO SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
303 kcal
6g Fats
30g Carbs
32g Protein
9g Fiber



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- 1 tbsp. olive oil
- 1 onion, chopped
- 2 tbsp. curry powder
- 2 tbsp. ginger, finely grated
- 3 garlic cloves, crushed
- 2 x 14oz. (400g) cans diced tomatoes
- 1 x 14 oz. (400g) can chickpeas, drained
- 4 cod fillets (5 oz./140g each)
- zest 1 lemon, then cut into wedges
- handful fresh cilantro (coriander), to serve
- salt and pepper



Heat the olive oil over a high heat in a large pan. Use a pan that has a lid!

Cook the onion for 5 minutes, then stir in the curry powder, ginger and garlic. Cook for another 1-2 minutes until fragrant. Now, add in the tomatoes, chickpeas and season with salt and pepper.

Cook for 8-10 minutes until the sauce has thickened. Add in the cod fillets and cover them with the sauce. Cover the pan with a lid and cook for 5-10 minutes until the fish is cooked through.

Once cooked, sprinkle over the grated lemon zest and chopped coriander. Serve immediately with lemon wedges.

Serving suggestions:

- Rice
- Fresh salad