FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fish Gnocchi

Serves	Prep Time	Cooking	Total Time	Calories
4 people				**523 kcal**

Stuff that's in it:

• 160G Spanish Chorizo Sausage (Skin Removed And Sliced)

• 500G Gnocchi

• 520G Cod Fillets

• 1 Can Chopped Tomatoes

• 1Tsp Oil

• 1 Clove Garlic (Chopped)

• 2Tsp Fresh Parsley (Chopped)

• 100G Red Sweet Pointed Pepper (Chopped)

• 50G Spinach

What you do:

Put your gnocchi on to cook

Gently pan fry the cod for a few minutes each side

Remove on to a plate

Heat the oil in a large pan and add the onion And peppers and garlic, fry for a few minutes until soft. Add the chorizo and fry until all the flavour is locked in the veg. Add the tomatoes and heat through, then add

the spinach, stir until wilted, add the gnogghi, stir then gently flake the fish through

Serve

Nutrition

• Carbs: 53g

• Fat: 13g

• Protein: 46g

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