



# Cod in parsley sauce



| Serves          | Prep Time | Cooking | Total Time | Calories        |
|-----------------|-----------|---------|------------|-----------------|
| <b>2 people</b> |           |         |            | <b>490 kcal</b> |

**Stuff that's in it:**

- ½ (70G) Onion (Roughly Chopped)
- 250ml Fish Or Chicken Stock
  - 15G Plain Flour
  - 20G Lurpack Lighter
- 1 Tbsp Flat Leaf Parsley (Finely Chopped)
- 2 Pieces Of Cod Loin (Or Fish Of Your Choice)
  - 80G Frozen Peas
  - 60ml Single Elmlea Cream
- 400G Maris Piper Potatoes (Peeled And Chopped)
  - 300G Broccoli Florets
  - Squeeze Of Lemon Juice
  - 1 Tbsp White Wine Vinegar

**What you do:**

Pop your potatoes on to boil for around 20-30 minutes until soft.

Blitz the onion in a food processor.

Add the butter and onion to a large saucepan and sweat for a few minutes until soft.

Add the vinegar and cook for a minute or 2 then add the flour to make a paste.

Very slowly add the stock, whisking as you do so. Add the parsley, squeeze of lemon juice and peas and simmer for 5 minutes.

Steam your broccoli florets.

Remove sauce from heat then stir through the cream.

Return to heat, bring to simmer , drop the fillets in and simmer for around 4-5 minutes or until cooked all the way through.

Mash your potatoes with a splash of milk.

Serve with the mash and broccoli

### **Nutrition**

• Carbs: 53g

• Fat: 13g

• Protein: 37g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

[www.fitfastcook.com](http://www.fitfastcook.com)