



Braised cod with butter beans & mint

READY IN



27 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 580 g filets boneless (4 fillets in total)
- ☐ 2 tbsp olive oil
- ☐ 1 bunch spring onion
- ☐ 1 large pinch saffron threads
- ☐ 2 garlic clove chopped
- ☐ 400 g butter beans rinsed drained canned
- ☐ 600 ml fish stock fresh
- ☐ 1 small handful mint leaves chopped
- ☐ 8 slices crusty baguette thick toasted

☐ 2 tbsp crème fraîche

Equipment

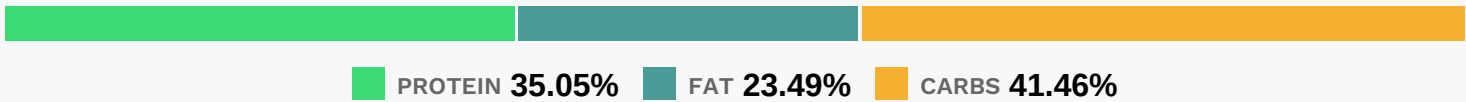
☐ bowl

☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Check the cod for bones and remove if necessary.
- ☐ Heat the oil in a flameproof casserole, add the spring onions, saffron and garlic, then cook over a low heat for 1-2 mins until soft.
- ☐ Add the butter beans and stock, then bring to the boil and season. Nestle the cod, skin-side up, into the butter beans, then cover and cook in the oven for 10 mins, or until the cod is just done. Lift from the oven and check the seasoning.
- ☐ Add the mint just before serving.
- ☐ To serve, put 2 slices of toasted baguette in a bowl, top with butter beans and cod (pulling away the skin if you want) then spoon the cooking juices around the fish. Finish with a dollop of crme frache.

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:25, Inflammation Score:-7, Nutrition Score:25.550000045611%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 467.07kcal (23.35%), Fat: 12.01g (18.48%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 41.27g (15.01%), Sugar: 3.5g (3.89%), Cholesterol: 65.89mg (21.96%), Sodium: 1305.31mg (56.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.31g (80.63%), Selenium: 65.06µg (92.94%), Phosphorus: 485.4mg (48.54%), Vitamin B3: 8.34mg (41.71%), Manganese: 0.73mg (36.62%), Vitamin B1: 0.55mg (36.4%), Folate: 140.21µg (35.05%), Potassium: 1067.3mg (30.49%), Iron: 5.1mg (28.35%), Vitamin B6: 0.55mg (27.72%), Magnesium: 106.6mg (26.65%), Fiber: 6.41g (25.65%), Vitamin B12: 1.49µg (24.78%), Vitamin B2: 0.4mg (23.49%), Copper: 0.39mg (19.54%), Vitamin K: 19.12µg (18.21%), Calcium: 173.42mg (17.34%), Vitamin E: 2.41mg (16.07%), Zinc: 2.03mg (13.56%), Vitamin D: 1.3µg (8.7%), Vitamin B5: 0.76mg (7.6%), Vitamin C: 3.43mg (4.16%), Vitamin A: 204.07IU (4.08%)