



Pan-fried cod with champ

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g potatoes peeled quartered
- ☐ 4 spring onion
- ☐ 175 g filets
- ☐ 2 tbsp olive oil
- ☐ 142 ml double cream
- ☐ 200 ml milk
- ☐ 1 knob butter

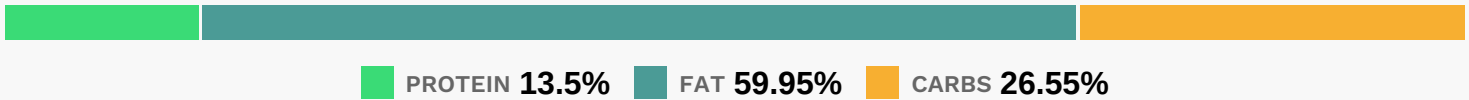
Equipment

☐ frying pan

Directions

- ☐ Cook the potatoes in a pan of boiling water until tender, about 10–15 mins. Meanwhile, chop the spring onions, separating the green part from the white.
- ☐ Lay the cod on a piece of kitchen paper to remove any excess moisture.
- ☐ Heat a frying pan to a high heat, add the oil, then the fish, skin side down. Don't move the pan or even shake it as this will tear the skin. Cook for 4–5 mins until the edges start to colour. Turn the fish over and cook for a further 3–4 mins.
- ☐ Bring the cream and milk to the boil in a pan with the butter, then add the chopped white part of the onions, simmer for a few minutes, then season, if you want to. Mash the potatoes and mix in the hot cream and milk and half the chopped green part of the spring onions.
- ☐ Sprinkle the rest over the mash.
- ☐ Serve with the fish, pouring over any pan juices.

Nutrition Facts



Properties

Glycemic Index:101.88, Glycemic Load:34.17, Inflammation Score:-9, Nutrition Score:29.444347796233%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 775.7kcal (38.78%), Fat: 52.46g (80.7%), Saturated Fat: 25.86g (161.64%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 46.16g (16.79%), Sugar: 9.56g (10.62%), Cholesterol: 153.28mg (51.09%), Sodium: 192.36mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.15%), Vitamin C: 55.07mg (66.75%), Vitamin K: 66.28µg (63.12%), Vitamin B6: 1.05mg (52.74%), Potassium: 1705.33mg (48.72%), Selenium: 34.06µg (48.66%), Phosphorus: 477.11mg (47.71%), Vitamin A: 1758.68IU (35.17%), Magnesium: 107.89mg (26.97%), Vitamin B2: 0.44mg (25.66%), Vitamin B12: 1.49µg (24.75%), Vitamin E: 3.69mg (24.57%), Fiber: 6.12g (24.5%), Calcium: 237.93mg (23.79%), Vitamin B3: 4.72mg (23.62%), Vitamin B1: 0.35mg (23.48%), Manganese: 0.44mg (21.94%), Vitamin D: 3.06µg (20.43%), Copper: 0.32mg (16.17%), Folate: 64.66µg (16.16%), Iron: 2.79mg (15.5%), Vitamin B5: 1.47mg

(14.7%), Zinc: 1.82mg (12.11%)