



# Quick and Easy Spiced Cod Stew

**Serves 2**

**Prep 10 min**

**Cook 10 min**

- 1 tbsp. coconut oil
- 4 spring onions, finely sliced
- 2 tsp. cumin seeds
- 1.1 lbs. (500g) cod fillet, skinned & chopped into large 3cm chunks
- ½ courgette, cut into thin half-moons
- 8.8 oz. (250g) cherry tomatoes, halved
- 2 tbsp. tomato puree
- 1 tsp. dried chilli flakes
- pinch of cayenne pepper
- 5 fl oz. (150ml) water
- 2 tbsp. pine nuts, to serve
- juice of 1 lemon, to serve

## What you need to do

In a large frying pan, melt the coconut oil over medium to high heat. Add the sliced spring onions and cumin seeds. Sauté for about a minute.

Add the chunks of cod, courgette, and cherry tomatoes. Stir and cook for 2 minutes, turning the ingredients to ensure even cooking.

Stir in the tomato puree and sprinkle in the dried chilli flakes and cayenne pepper. Toss all the ingredients together and cook for an additional minute.

Pour in 150ml of water and mix well, then reduce the heat to medium. Cover the pan with a lid and allow the ingredients to cook for 3-5 minutes, or until the cod is fully cooked. You can check by cutting one of the thickest cod pieces in half to ensure it has turned from raw, pale flesh to fully cooked, bright white.

Serve the spiced cod stew with some wholegrain rice and/or green sautéed veg, garnish with pine nuts and squeeze lemon juice over the top.