SPANISH · DINNER · LUNCH

Saffron Cod with Lemon and Parsley

Bacalao al azafrán

30 min | Serves 4 | 313 kcal a serve | Video 5:53 · Spain on a Fork

Paleo | Gluten-free ingredients | No dairy listed | No nuts listed

38 g protein and under 7 g net carbs a serve, rich in selenium, vitamins B12, K and B6: cod poached in a saffron, wine and onion sauce with no flour or cream. Paleo as written; for DASH, add a salad or greens to reach your vegetables.

Diet notes: Low carb (6.6 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.7 g, 5% of the energy).

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Ingredients 12 · SERVES 4

- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil**
- [ ] 1 large **onion**, cut into thin slivers
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] ½ cup **dry white wine**
- [ ] ½ cup **vegetable broth** (or chicken or fish broth)
- [ ] ¼ tsp **saffron threads**
- [ ] ¼ cup chopped **fresh parsley**
- [ ] **Lemon zest**: zest of ½ lemon
- [ ] 4 **cod fillets**, about 7 oz each, patted dry
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] chopped **parsley**, to garnish
- [ ] **lemon** slices, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 3 tbsp olive oil in a large frying pan over medium heat. Cut the onion into thin slivers and thinly slice the garlic. 0:48
2. Add the onion and garlic and cook about 10 minutes, stirring every minute or two, until soft and lightly browned. Meanwhile pat the cod dry, season both sides with salt and pepper, and chop the parsley. 1:09
3. Pour in the wine and broth, then add the saffron, ¼ cup parsley and the lemon zest (no white pith). Season, turn the heat to high and simmer about 5 minutes so the alcohol cooks off and the saffron colours the sauce. 2:12
4. Lower the heat to medium-low, lay the cod in the pan in a single layer and turn each fillet once to coat. Cover and simmer 4–5 minutes, until just cooked through. 3:16
5. Serve from the pan, garnished with lemon slices and more parsley. 4:00

Tip Any firm white fish works here, such as hake, halibut or tilapia.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
313 kcal	38 g	7.8 g	1.2 g	12 g	590 mg
1,310 kJ	75% of a day	6.6 g net · 2.8 g sugars	4% of a day	1.7 g saturated	26% of a day
		3% of a day		15% of a day	

Energy from net carbs 9% · protein 53% · fat 38% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 111% · Vitamin B12 73% · Vitamin K 70% · Vitamin B6 34% · Omega-3 25%

Source of (10–19%) Magnesium 19% · Vitamin E 19% · Vitamin C 16% · Potassium 12% · Zinc 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=h0bwIkvETJ0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bacalao-al-azafran-saffron-cod