SPANISH · DINNER

# Oven-Roasted Cod with Saffron, Rosemary and Lemon

25 min · Serves 2 · 293 kcal a serve · Video 5:29 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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36 g protein and about 2 g net carbs a serve: cod roasted hot on lemon slices under a pounded garlic, rosemary and saffron paste with 1 tbsp olive oil a fillet. No flour, butter or sugar.

**Diet notes:** Low carb (2.3 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.2 g, 7% of the energy).

## Ingredients 8 · SERVES 2

- [ ] 14 oz **cod fillet**, cut into two 7 oz pieces
- [ ] **sea salt** to taste and black pepper
- [ ] 2 **garlic** cloves, finely minced
- [ ] 1–2 sprigs **fresh rosemary**, needles chopped (plus more to garnish)
- [ ] ½ tsp **saffron threads**
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] 1 tsp **lemon juice**
- [ ] 4 **thin slices of lemon**

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

**Allergens found in the listed ingredients:** Fish. 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. Pat the cod completely dry, cut it into two 7 oz fillets and season with salt and pepper. Leave them to rest while you make the sauce. 0:49
2. Mince the garlic and put it in a mortar with the chopped rosemary needles and the saffron. Pound to a paste. 1:43
3. Stir in 1 tsp lemon juice and 2 tbsp olive oil, and cut a few thin slices of lemon. 2:26
4. Line a baking tray with foil, lay the lemon slices on it and set the cod on top. Spread the saffron sauce over each fillet. 3:02
5. Roast in the middle of the oven at 475°F, using bake + grill if you have it, for 15–16 minutes. Serve with the roasted lemon slices and a little fresh rosemary. 3:33

> **Tip** Salting the fillets a few minutes ahead draws out moisture, which matters most with frozen and thawed fish.

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

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **293** kcal | **36** g | **2.6** g | **0.4** g | **15** g | **510** mg |
| 1,230 kJ | 72% of a day | 2.3 g net · 0.5 g sugars | 1% of a day | 2.2 g saturated | 22% of a day |
| | | 1% of a day | | 19% of a day | |

**Energy from** net carbs 3% · protein 50% · fat 47% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Selenium 108% · Vitamin B12 72% · Vitamin B6 29% · Omega-3 27% · Vitamin E 22%

**Source of** (10–19%) Magnesium 16% · Vitamin C 10% · Vitamin K 10%

**Recipe and video:** Spain on a Fork on YouTube — youtube.com/watch?v=-9IJUca1zmw. 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/oven-roasted-cod-saffron-lemon