GREEK · DINNER

Psari Plaki: Greek Baked Fish with Tomato and Onion

65 min · Serves 4 · 412 kcal a serve · Video 5:35 · Dimitra's Dishes

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

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A serve gives about 45 g of protein from lean cod and is very high in selenium and a good source of vitamin B12, baked in a tomato and onion sauce with olive oil as the only added fat.

Diet notes: Low saturated fat (2.3 g, 5% of the energy).

Ingredients 12 · SERVES 4

- [ ] 900 g **boneless cod fillets** (or any white fish)
- [ ] **salt**, to taste (for the cod and the sauce)
- [ ] **black pepper**, to taste
- [ ] 3 tsp **dried oregano** in total (1 tsp for the cod, 2 tsp for the sauce)
- [ ] 60 ml **olive oil**
- [ ] 1 large **onion**, sliced into thin half-moons
- [ ] 4 **garlic** cloves, grated
- [ ] 1 × 800 g can **tomatoes** (unflavoured), puréed
- [ ] a pinch of **crushed red pepper flakes**
- [ ] ½–1 tsp **sugar or honey**
- [ ] 6–7 **Kalamata olives**, pitted and sliced (optional)
- [ ] finely chopped **fresh parsley**, to garnish (about 2 tbsp)

Amounts in metric 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. Heat the oven to 200°C. Soften the sliced onion in the olive oil over medium heat for about 10 minutes, then stir in the grated garlic just until it warms through. 1:01
2. Add the puréed tomatoes, 2 tsp oregano, pepper flakes, a little sugar, salt and pepper. Simmer 10–15 minutes until thickened, then taste and adjust. 1:41
3. Season the cod fillets on both sides with salt, pepper and the remaining oregano. 2:18
4. Spread half the sauce in a baking dish, lay the fish on top, cover with the remaining sauce and scatter over the sliced olives. 2:55
5. Bake 30–40 minutes until the fish flakes easily. Rest a few minutes, finish with chopped parsley and serve with toasted bread, pasta or potatoes. 3:48

> **Tip** Any firm white fish works. The sauce can be made ahead and kept in a jar in the fridge, so dinner is just assembly and baking. Serve with wholegrain bread or boiled potatoes and a green salad.

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
412 kcal	46 g	22 g	5.4 g	17 g	840 mg
1,720 kJ	91% of a day	17 g net · 11 g sugars	19% of a day	2.3 g saturated	36% of a day
		8% of a day		21% of a day	

Energy from net carbs 17% · protein 45% · fat 38% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 128% · Vitamin B12 83% · Vitamin B6 48% · Vitamin K 43% · Vitamin E 40% · Vitamin C 31% · Omega-3 31% · Magnesium 28% · Potassium 24% · Iron 24%

Source of (10–19%) Zinc 17% · Folate 14% · Calcium 10%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=3uP4o31B2Yw, published 22 February 2019. 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/psari-plaki