



Salsa Steamed Cod

2 servings

15 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
40 grams Red Onion (finely chopped)
1 Garlic (clove, large, minced)
2 grams Cumin
59 milliliters Vegetable Broth
130 grams Salsa
4 grams Cilantro (divided)
2 Cod Fillet

Directions

- 1 In a pot with a lid just big enough to fit the cod fillets, heat the oil. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic and cumin and cook for another minute until fragrant.
- 2 Add the vegetable broth to the pan then stir in the salsa. Bring the salsa mixture to a simmer and cook for about five minutes. Stir in half of the cilantro.
- 3 Place the cod fillets in the pot and cover with the lid. Steam for six to seven minutes or until cooked through and flakey. Divide the fillets and sauce between plates and top with the remaining cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serve it With: Rice, quinoa, cauliflower rice, roasted vegetables, and/or a side salad.

No Cod: Use another white fish instead.

Salsa: For a spicier dish use hot salsa. For a more mild dish use mild salsa.

Fillet Size: This recipe was developed and tested using 1-inch thick fillets weighing 231 grams or 8 ounces each.