

BAKED COD

WITH PANCETTA & PEA MASH



LifeShape Clinic

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INGREDIENTS

4 cod fillets
Sea salt
Freshly ground black pepper
8 thin slices pancetta
2 lemons, halved
500g potatoes, peeled & quartered
300g frozen peas, cooked & drained
1 splash milk
½ red chilli, deseeded & finely diced
1 small bunch mint
2 bunches salad leaves
1 splash olive oil

METHOD

1. Preheat oven to 200°C. Lay fish on a non-stick baking tray and sprinkle salt and pepper. Lay two slices of pancetta on each fillet. On the same tray, put lemon cut side down. Bake for 15 minutes.
2. Meanwhile, in a large saucepan, cook the potatoes in salted water until tender.
3. Once cooked, place potatoes in a food processor with milk, salt, pepper, peas and chilli. Process until it becomes a smooth mash.
4. In a medium sized bowl, toss the mint and salad leaves with olive oil.
5. To serve, place a dollop of mash on each plate, top with cod and salad. Serve with half a lemon each.

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SERVES

Nutrition Guide

PER SERVE

Energy (cal)	433cal
Protein	38.6g
Fat	18.5g
Saturated Fat	7.3g
Carbohydrate	26g
Sugar	6g
Sodium	1095mg
Fibre	8.6g

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: No
Recommendations: Reduce fish and potato portions to 400g
Total Meal Calories: 400 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: Yes
Total meal calories: 433 cal

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