

Cod with Creamy Spinach Sauce



Savor the flavors of our creamy Spinach Sauce Cod recipe. This dish combines tender cod with a rich and creamy spinach sauce, creating a delightful and nutritious meal that's sure to please your taste buds. Ideal after workout !

Preparation 10 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 275

Fat 9

Carbohydrates 7

Fibre 1

Protein 38

Sodium 240

Ingredients

- 800 g (2 lbs) cod fillets
- 2 cloves garlic, minced and divided
- 10 ml (2 tsp) olive oil, divided
- 1 yellow onion, diced
- 1L (4 cups) fresh baby spinach, chopped

- 250 ml (1 cup) vegetable stock
- 15 ml (1 tbsp) old-fashioned mustard
- 125 ml (½ cup) creamy soy mixture (Belsoy type)
- Salt and pepper

Preparation

1. Preheat the oven to 400°F (200°C).
2. Mix 1 tsp of oil with 1 clove of minced garlic.
3. On a baking sheet with parchment paper, place cod fillets and brush with garlic mixture. Bake for 15 minutes.
4. Meanwhile, in a large skillet, sweat onion in remaining oil over medium heat for 4 to 5 minutes.
5. Add remaining garlic and spinach and cook for 4 to 5 minutes.
6. Add white wine and simmer for a few minutes.
7. Reduce heat to low and add vegetable broth, old-fashioned mustard and creamy soy mixture. Simmer until slightly thickened, stirring regularly, about 4 minutes.
8. Add cooked fish to sauce and let stand for 5 minutes, covered. Add salt and pepper to taste.
9. Serve with quinoa or pasta of your choice.

Notes

Can be kept for 2 days in the refrigerator.



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