

Dinner

# Pan Seared Cod with Basil Sauce

**15 Mins**  
Prep Time

**10 Mins**  
Cook Time

**4**  
Servings

 **200** Calories **6.5g** Fat **1g** Carbs **32g** Protein



## Ingredients

 **4** Servings  **25 Mins** Total Time  **Allergens:** Fish, Dairy, FODMAPs

**¼ Cup** Fresh Basil, **washed** and minced

**¼ Cup** Chicken Broth

**2 Tbsp** Fresh Parmesan Cheese, **grated**

**1 Tbsp** Extra Virgin Olive Oil

**1 Tsp** Salt, **divided**

**½ Tsp** Garlic Powder

**1 Tbsp** Capers (omit if bothersome)

Juice from **½** Lemon

**4 (6 oz)** Cod Fillets 

**¼ Tsp** Black Pepper (omit if bothersome)

### Allergen Swap

**Fish** Substitute chicken breast or tofu

**Dairy** Parmesan cheese has trace amounts of lactose, omit cheese if bothersome

**FODMAPs** Omit garlic powder

### Nourishment Note



#### **Cod**

Cod is low in fat and provides important nutrients like B-12, phosphorus and niacin. It is also a great protein source, which is important for building new, healthy cells.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Prepare Basil Sauce

Whisk together basil, chicken broth, Parmesan cheese, extra virgin olive oil, ½ tsp salt, garlic powder, capers, and lemon juice in a small bowl.

### 3. Season Fish & Prepare Skillet

Sprinkle fish fillets with remaining salt and pepper. Heat a large, nonstick skillet over medium-high heat and coat with cooking spray

### 4. Sauté Fish

Add fish to hot skillet; sauté for five minutes on each side, or until fish is flaky and cooked through.

### 5. Serve & Enjoy

Plate fish and spoon basil sauce on top.

### 6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [myrecipes.com](https://www.myrecipes.com)

## What You'll Need



Measuring Cup



Measuring Spoons



Whisk



Skillet



Tongs



Mixing Bowl



Spoon



Cooking Spray

### Remission Remix

- Serve with a green salad for a light & refreshing meal.