

**Dinner** 

# **Pan Seared Cod** with Basil Sauce

**15 Mins Prep Time** 

**10 Mins Cook Time** 

**Servings** 

200 Calories 6.5g Fat 1g Carbs 32g Protein



# **Ingredients**

4 Servings



**25 Mins Total Time** 



**Allergens:** Fish, Dairy, FODMAPs

1/4 Cup Fresh Basil, washed and minced

1/4 Cup Chicken Broth

2 Tbsp Fresh Parmesan Cheese, grated

1 Tbsp Extra Virgin Olive Oil

1 Tsp Salt, divided

1/2 Tsp Garlic Powder

1 Tbsp Capers (omit if bothersome)

Juice from ½ Lemon

4 (6 oz) Cod Fillets



1/4 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,  $\frac{1}{2}$  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

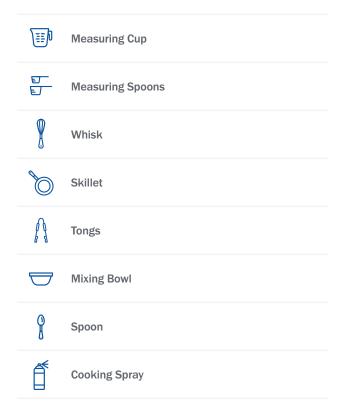
Plate fish and spoon basil sauce on top.

# 6. Wash Hands

Wash hands with soap and water.

Recipe adapted from myrecipes.com

# What You'll Need



#### **Remission Remix**

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