

Spinach Curry With Pan Fried Cod

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-cod-recipe>

Ingredients:

- 5 1/4 ounces cod skinned and boned, hake or coley fillets
- 1 tablespoon olive oil
- 3 tablespoons butter
- 16 2/3 cups baby spinach leaves fresh
- 1 coriander small or large bunch, leaves, I love coriander so I found a nice large bunch!
- 3 onions medium, finely chopped
- 3 cloves garlic – smashed and chopped
- 1 tablespoon cumin seeds
- 3 green chillies fresh
- 1 cup white wine
- 3 1/8 cups chicken stock or water
- 7/8 cup double cream
- 1 tablespoon garam masala
- salt and pepper to taste

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 85 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 13 grams
8. Sodium: 390 milligrams
9. Sugar: 6 grams

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