Main dishes / India

cod fillet with sweet pepper and potatoes · India

Gently cooked fish, potatoes and sweet pepper make a practical India-inspired dinner.

Time 40 min **Servings** 4

What you'll need.

- ☐ 600 g boneless cod fillet
- ☐ 700 g peeled potatoes
- ☐ 500 g sweet pepper
- ☐ 30 ml neutral cooking oil
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

01 Cut the potatoes into even pieces and boil for about twenty minutes until completely tender.

02 Clean and chop the sweet pepper, then boil or steam for 8 minutes until cooked.

03 Heat the oil in a frying pan. Pat the fish dry and place it carefully in the pan.

04 Cook the boneless cod fillet in a separate pan to at least 63°C at the centre; the fish should flake easily.

05 Plate the fish, potatoes and vegetables. Loosen the listed flavourings with warm cooking water and spoon over.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-in-05-11-b70c9a4