

# WHITE FISH WITH CREAMY ZOODLES



Serves: 2 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 271 kcal 11g Fats 13g Carbs 33g Protein









# WHAT YOU NEED

#### For the Fish:

- 300g white fish fillets
- 1 tsp paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

### For the Zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- · 1 clove garlic, minced
- 4 sundried tomatoes

## WHAT YOU NEED TO DO

## For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the fish until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together, pour into the pan with the fish and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

#### For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the fish on top and pour over the sauce.