



INGREDIENTS

- 2 Cod fillets
- 2 tbsp Oil
- 3 tbsp **CASAZUL CASCABEL**
- 2 Shallots chopped
- 250g Baby Spinach leaves



**GLUTEN
FREE**

SERVE 2

- Lime wedges, to serve

METHOD





SCAN ME

- In a frying pan, add the oil , and one tbsp of **CASAZUL CASCABEL** and fry the shallots for 2 mins then set it aside.
- Add the fish to the pan and cook for 3 minutes each side.
- Flip over and add 1 tbsp of **CASAZUL CASCABEL**.
- Add spinach, pinch of salt and cook for 3 more minutes
- Serve the fish , topped with the shallots, **CASAZUL CASCABEL** and spinach
- SERVING SUGGESTION: Add a side salad and **CASAZUL RICE** .

Buen provecho!



COOKING
With Gabriel

Please check labels for
allergen information

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