

GOLDEN COD WITH BLACK OLIVE, ONION, AND TOMATO SALSA

04

RECIPES

 EN-ROUTE 



INGREDIENTS



1 PERSON

Stir fry:

100g dried unsalted cod
1/2 onion
1 clove of garlic
2 eggs
1 potato
A handful of chopped parsley
Olive oil
Salt and black pepper

Salsa:

60g pitted black olives
1/4 onion
1 tomato

STEPS TO FOLLOW

1 Stir fry:

Chop the garlic and cut the onion into strips. Chop the potato very small, into pieces like straws. Fry the garlic in a frying pan with a good amount of olive oil. Then we add the strips of onion, salt and pepper, and cook until soft. Next, we fry the potato strips in oil. Once they are fried, we take them out and drain them. Now we add the cod, stir a little, and add the potato strips. Cook for another minute.

2 Add the egg:

While the stir fry is cooking, whisk the eggs and add them to the pan. Stir fry well until the egg is cooked, and add the chopped parsley, check the seasoning, and it's ready to eat.

3 Salsa:

We take all the ingredients and chop them very small. Season with olive oil, salt, and pepper, and serve on top of the cod dish.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

#TakeCareOf
YOUR DIET
ENROUTE

See more recipes and tips at
www.andamur.com/en/takecareofyourdietenroute