



Coconut Harissa Poached Cod & White Beans

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 cups Cherry Tomatoes (halved)
- 1 tbsp Harissa
- 2 tbsps Shallot (minced)
- 2 Garlic (clove, minced)
- 1 cup Cannellini Beans (cooked)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Water
- 3/4 cup Canned Coconut Milk
- 2 Cod Fillet
- 2 tbsps Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	558
Fat	25g
Carbs	32g
Fiber	8g
Sugar	7g
Protein	49g
Cholesterol	99mg
Sodium	498mg
Potassium	1498mg
Vitamin A	1402IU
Vitamin C	25mg
Calcium	95mg
Iron	3mg

Directions

- 1 Heat a large, deep pan over medium-low heat and add the oil. Once hot, add the tomatoes and harissa. Cook, stirring occasionally, for five to seven minutes until softened and jammy.
- 2 Add the shallot and garlic. Cook for one to two minutes until the shallot has softened. Add the beans and season with salt and pepper.
- 3 Add the water and milk. Stir to combine, scraping up any bits from the bottom of the pan. Place the cod in the liquid and season with salt and pepper. Cover and cook for four to six minutes until cooked through and flaky.
- 4 Divide the cod, beans, and sauce evenly between bowls. Top with mint and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Lime wedges.

Cod Fillet: One cod fillet is equal to 231 grams or eight ounces.