Kale-Wrapped Cod with Almonds

Flaked cod folded into blanched kale leaves with a coconut-milk sauce, finished with toasted almonds.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
25 min	**25 min**	**50 min**	**4**	**MEDIUM**

Ingredients

- 300 g cod fillet (cooked and flaked)
- 10 medium kale leaves (thick stems removed)
- 2 cloves garlic (sliced)
- 1 x 400ml tin coconut milk
- 10 almonds (sliced)
- 2 tbsp olive oil
- 1 pinch ground nutmeg

Method

1. Blanch the kale leaves in boiling water for a couple of minutes, until just tender. Drain well.
2. Simmer the cod gently in the coconut milk for 5–6 minutes to soften and flavour it, then drain, reserving the liquid.
3. Heat the oil in a pan, lightly brown the garlic, then add the cod and nutmeg and stir for about 10 minutes.
4. Divide the cod mixture between the kale leaves and roll up into parcels.
5. Place in a baking dish, scatter with sliced almonds and bake at 180°C (fan 160°C) until the almonds are toasted.

Tips & swaps

- Smoked cod or haddock gives this a deeper flavour if you'd like to swap it in.

Storage & reheating

Keeps in the fridge for 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**22g**	**6g**	**22g**	**3g**

Estimated values, for guidance only. Contains: Fish, Tree nuts (almonds).