



Chopped parsley

Pepper

Salt (skip in case of hypertension or fluid rete)

Cod 'a la llauna' with garlic and paprika (texture modified diet)

Ingredients (serves 2)

175 g fresh cod with the skin

175 g fresh cod without skin

5 big garlic cloves

100 ml water or fish stock

200 g cooked beans

4 tbsp extra virgin olive oil

Paprika

Method

1. Boil water in a saucepan and leave it at a very gentle boil. Add the cod and cook between one and two minutes depending on the size of the portions.
2. Remove the fish, drain it well and blend until it forms a purée. Reserve the cooking water.
3. Blend 150 grams of beans with about three tablespoons of the cooking water from the cod.
4. Mix the blended fish with the beans and put through a sieve. Reserve.
5. In a frying pan put oil and fry the sliced garlic cloves. When they start to brown remove from the heat and add some paprika. Stir the water or stock and cook for one more minute.
6. Add the chopped parsley and the remaining 50 grams of beans. Cook a few more minutes.
7. Blend the mixture, season with salt, and put through a sieve (if necessary, add cooking water to adjust the texture).
8. Serve on a plate by scooping first the fish purée and then pouring the sauce on top.

Recommendations

Make sure both purées have the same consistency.