



# Spiced Cod and Lentil Stew

Cooking Time: 25 Minutes

Cozy up with a comforting bowl of Spiced Cod Stew - fish fillets from Atkin's Seafood folded into warmly spiced lentils, garnished with cilantro and tangy yogurt sauce.

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Ingredients are subject to  
availability

# Spiced Cod and Lentil Stew

## Ingredients:

cod

lentils

1 onion

2 garlic cloves

ginger

Spice Mix

tomato paste (1 tablespoon)

Tzatziki

cilantro

## Instructions:

1. Rinse the lentils until the water runs clear. Place them in a small saucepan and pour in water, until it covers the lentils by at least an inch. Season with salt. Bring to a boil and then simmer for about 15 minutes, or until the lentils are thickened.
2. Peel and chop onion, garlic and ginger. Heat 2 tablespoons oil in a skillet over medium heat. Add onion and sauté for a couple of minutes, until they start to soften. Add in the garlic and ginger and continue to cook for another minute. Add in the spice mix and stir until the spices begin to become fragrant, about 30 seconds. Add 1 tablespoon tomato paste and stir until the mix is well combined. Add the entire contents of the pan to the simmering lentils. Stir and continue to let simmer.
3. In the meantime, season the cod with salt and pepper and cook in a well-oiled skillet, over medium heat, about 3-4 minutes per side, or until it becomes flaky.
4. Once the lentils have thickened, season with salt and pepper to taste. Break cod into bite sized pieces and place over the lentils. Divide into bowls and garnish with Tzatziki sauce and cilantro. Enjoy!