

Cod with Potatoes, Peppers and Saffron

Ingredients

- 1/3 c Olive Oil
- 1 Onion (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 3 clv Garlic (minced)
- 1 lb Yukon Gold Potatoes (peeled, halved, cut into 1/4-inch thick)
- 2 c Chicken Broth
- 2 Bay Leaves
- 1/2 t Saffron
- 1 1/4 lb Cod Fillet
- 1 Lemon
- 1/4 c Parsley (chopped)
- 3/4 t Salt
- 1 pn Red Pepper Flakes

Instructions

- 1.Heat olive oil in a large wide pot over medium-high heat. Add the onion and bell pepper and cook, stirring occasionally, until tender, about 5 minutes. Add the garlic and cook, stirring, until softened, about 30 seconds. Add potatoes and stir to coat. Add the chicken broth, bay leaves, 3/4 teaspoon salt, saffron and red pepper flakes. Bring to a boil, then reduce the heat to maintain a simmer. Cover the pot and cook until the potatoes are mostly tender, 8 to 10 minutes.
- 2.Season the cod with salt, then add to the pot; submerge about halfway in the broth, with the top of the fish exposed. Cover and simmer until the fish is cooked through, 10 minutes. Carefully remove with a spatula and transfer to shallow

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bowls.

3. Gently stir the lemon juice from 1/2 of lemon into the pot; season with salt and more red pepper flakes. Spoon the vegetables and broth over the fish, sprinkle with the parsley and serve with the lemon wedges from the other half of the lemon.