



## Seared Cod & Lemon White Beans

4 servings

20 minutes

### Ingredients

- 4 Cod Fillet
- 1/4 tsp Sea Salt
- 2 tbsps Avocado Oil
- 2 Garlic (cloves, minced)
- 2 tps Thyme (fresh, minced)
- 3/4 cup Cherry Tomatoes (halved)
- 3/4 cup Organic Chicken Broth
- 2 cups White Navy Beans
- 5 cups Arugula
- 2 tbsps Lemon Juice
- 1/3 cup Pitted Kalamata Olives

### Nutrition

Amount per serving	
Calories	409
Fat	11g
Carbs	28g
Fiber	11g
Sugar	2g
Protein	50g
Cholesterol	100mg
Sodium	538mg
Vitamin A	975IU
Vitamin C	15mg
Calcium	158mg
Iron	4mg

### Directions

- 1 Season the cod with sea salt and preheat a skillet over medium heat. Add the avocado oil to the pan then add the cod. Cook for 4 minutes per side, until cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the garlic. Cook for one minute, then add the thyme and cherry tomatoes. Cook for 2 to 3 minutes. Add the chicken broth and beans and let it simmer for 3 to 5 minutes. Add the arugula, lemon juice and olives and stir until the arugula is wilted.
- 3 Divide the bean and vegetable mix between plates and top with the cod. Enjoy!

### Notes

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

**No Chicken Broth**, Use vegetable broth instead.

**No Avocado Oil**, Use extra virgin olive oil instead.

**No Arugula**, Use spinach or kale instead.