



Panga with zucchini

NIBBLEDISH CONTRIBUTOR

Ingredients

SERVES 2

FOR ZUCCHINI AND POTATO

- **2Small** Zucchini
- **1Tbsp** Parsley. Chopped
- **1Tbsp** fresh basil chopped
- **1Tbsp** Chives. chopped
- **½tsp** salt
- **1Pinch** ground black pepper
- **4Tbsp** olive oil
- **1Medium** Potato

FOR THE FISH

- **2Filet** Catfish. panga (I think it is also cold cream dory?)
- **2tsp** dried rosemary
- **2tsp** dried thyme
- **2pinch** salt
- **2pinch** ground black pepper
- **3tbsp** yellow corn flour (not corn starch). or whole grain flour. or all purpose white flour
- **1tbsp** lemon juice

Instructions

Wash the zucchini and cut it to a little more than bite size pieces – the zucchini will

shrink in the process of cooking. Peel the potatoes and cut them the same size as zucchini.

Put the potatoes in a cooking pot and pour in water and season with salt. The water should just cover the potatoes. Cook for about 20 minutes.

Take a kitchen towel and wipe the moist off of the fish fillet. Put the fillet on a plate and season on one side with dry herbs, salt and pepper. If you want it a little spicy you can sprinkle some chili powder on. Take the corn flour and sprinkle on. Gently rub the herbs, spices and corn flour in to the fish. Repeat the other side and set aside to marinate.

Take a large roasting pan, put it on medium high heat and pour in the olive oil. When the oil is hot put in your filets and fry them for about 5 minutes each side.

Take a large roasting pan, put it on high heat and pour in the olive oil. When the oil is hot enough add the zucchini and stir fry for about 5 minutes on high heat. Don't lower the heat, but toss the whole time. A minute before zucchini are done add cooked potatoes, season with salt and pepper and add fresh herbs. Stir fry for another minute.

Put everything on a plate and sprinkle the fish fillet with some lemon juice and serve.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 32% RDA,

Protein 88% RDA,

Fats 60% RDA,

Cholesterol 28% RDA,

Carbs 12% RDA,

Sugar 6% RDA,

MAN

Calories 25% RDA,

Protein 70% RDA,

Fats 45% RDA,

Cholesterol 28% RDA,

Carbs 10% RDA,
Sugar 5% RDA.