

Arab Cod-Apple Fry

This Arab-style cod and apple fry is a tasty, dairy-free main dish that's perfect for a unique, flavorful meal.



Main Dish

Arab

25 min

Total time

Easy

Difficulty

637

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1 Cod filet
- 1 Apple, chopped
- 4 slices of Bread, cubed
- 2 cloves of Garlic, minced
- 2 tablespoons of Olive Oil

Steps

- 1 Heat the olive oil in the skillet over medium heat.
- 2 Add the garlic and the cubed bread, and sauté until the bread is lightly toasted.
- 3 Add the apples, and cook until softened.
- 4 Place the cod filet in the skillet and cook on both sides until lightly golden-brown.
- 5 Serve the cod and apples on top of the toasted bread.