

Creamy Cabbage and Fish Casserole

This comforting casserole combines tender cabbage, succulent fish, and a creamy milk sauce, creating a delightful dish that's both satisfying and nutritious.


40 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup chopped cabbage
- 100g white fish (such as cod or tilapia)
- 1/2 cup milk
- 1 tablespoon butter
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1 tablespoon grated cheese (optional)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a skillet, melt the butter over medium heat and add the chopped cabbage. Sauté for about 5 minutes until softened.
- 3 In a baking dish, layer the sautéed cabbage evenly.
- 4 Place the fish fillet on top of the cabbage.
- 5 In a small bowl, mix the milk, salt, pepper, garlic powder, and paprika. Pour this mixture over the fish and cabbage.
- 6 If using, sprinkle grated cheese on top.
- 7 Cover the dish with foil and bake for 25 minutes. Remove the foil and bake for an additional 10 minutes until the fish is cooked through and the top is slightly golden.
- 8 Let it cool for a few minutes before serving.