Posted on 29 September 2014

by Chrissie

Easy Brandade

Ingredients

50g cod fillet
25ml goats milk, whole
1/2 garlic clove
25g potato
1tsp coconut oil
1tsp basil
1tsp thyme

Preparation

1. Heat the coconut oil in a non stick frying pan, add the cod and cook on a low heat for 5-10mins. Allow to cool and then drain off the oil but keep it for later, flake the cod. Mix the cod and a little of the oil and the basil.
2. Dice the potato into small cubes and place in a saucepan with the goats milk, garlic and the thyme, simmer for 10-12 minutes, remove the thyme and mash the potato. Mix the flaked cod with the mash potato, et voila!

Cooks Note

A healthy, delicious and easy to cook for one variation of this classic dish.