

Colorful Tomato and Spinach Seafood Pasta

★ 4.7 • 20 min • Serves 2 • Fish

INGREDIENTS

- 1/2 cup chicken broth
- 8 ounces cod, cut into bite sized pieces
- 2 tablespoons flour
- 2 cloves garlic, minced
- 2 tablespoons lemon juice, fresh squeezed
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese , shredded
- 2 large Roma tomatoes, chopped
- salt and pepper to taste
- 1 large shallot, finely chopped
- 4 cups spinach, chopped
- 1/4 cup white wine
- 4 ounces whole wheat pasta, spaghetti
- 1/4 cup to 1/2 basil (dependent on your taste), roll leaves together and then slice into thin pieces

STEPS

1. See the source link above for full instructions.

Source: <https://www.foodista.com/recipe/CTD7FW43/colorful-tomato-and-spinach-seafood-pasta>