

Pan roast *cod loin*

A quick and easy dish for a week day evening, light and fresh after the indulgence of the festive season! We would serve this as is or with some roasted baby new potatoes and a glass of pinot!

Method

1. Preheat the oven to 180°C.
2. For the parsley dressing, put the parsley, seasoning and 100ml olive oil in a food processor and pulse to a green sauce. If you don't have a processor you can just chop very finely and mix with olive oil. Refrigerate until needed for serving.
3. For the cod, add enough olive oil to coat the base of a frying pan and place over a medium-high heat. Lightly season the skin of the cod with salt and pepper.

4. Place into the pan, skin-side down, and season the white flesh of the fish. Cook until the skin is golden and crispy, around 2-3 minutes.
5. Remove from the pan and place skin side up in an oven proof dish. Place in the oven for 6-8 mins until just cooked.
6. Whilst the cod is cooking you can make the accompaniments.

Pan Roast Cod Loin with Parsley Dressing, Broccoli & Almond Salad

Serves: 2

Ingredients

2 cod loins
olive oil

Dressing

Small bunch fresh parsley
½ tsp salt
Good pinch cracked black pepper
100ml extra-virgin olive oil

Salad

1 pack tenderstem broccoli
1 tbsp olive oil
1 garlic clove finely diced or crushed
1 red chilli, cut into fine strips
100g flaked almonds: lightly toasted in a dry pan

7. For the salad, put the chilli, garlic and oil in a large pan over a medium heat. Add the broccoli and toss to warm through.
8. Add a squeeze of lemon just before serving. Scatter over all the almonds.

Everything should come together at roughly the same time, so plate up and enjoy!



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