



Pan-fried Atlantic Cod

with salad of grilled vegetables

Ingredient

- 1 Loin of Atlantic cod, skinless and boneless
- 300 g Rock salt
- 1 Fennel
- 1 Green zucchini
- 1 Yellow zucchini
- 1 Aubergine/Eggplant, sliced
- 1 Red Pepper
- Basil
- Parmesan flakes
- 1 Lemon
- Olive oil

Method

1. Pack the cod loin in salt, leave for 5-10 minutes, then rinse of, and leave the fish to rest for at least 30 minutes
2. Slice fennel, Aubergine, and zucchini in 1 cm thick slices
3. grill the vegetables, then cut them down to stripes and mix together
4. Leave the red peppers on the grill until they are completely black, then scrape of the skin and cut into stripes. Mix with the rest of the vegetables.
5. Season the vegetable mix with lemon juice, salt, pepper and olive oil
6. Heat a frying pan with oil, Cook the cod with "skin side" down, leave to cook until you have a nice golden color on one side, then add butter, a slice of lemon and a stalk of tarragon, turn the fish and brush it with the butter
7. Fold basil and parmesan into the vegetable mix and serve it with the fish on top



Recipe by Chef Markus Dybwad



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