

Pan fried cod with courgette & citrus salad



This is a super simple, super healthy and super quick fish dish. We've used cod but any meaty white fish will do.

Ingredients [serves 4]

For the salad

- 2 large naval oranges
- 2 pink grapefruit
- Juice from 1 lemon
- 1 tbsp chopped shallot
- 4 tbsp olive oil
- 1/2 tbsp honey
- 2 tsp sherry vinegar
- 2 large courgettes
- 1/2 red onion, thinly sliced
- Sea salt and freshly ground pepper

For the fish

- 4 x 160g sustainably caught cod fillets, skin removed
- 8 tbsp plain flour
- 30g unsalted butter
- Squeeze of lemon juice
- 3 tbsp olive oil
- Sea salt and freshly ground pepper

Garnish

- Basil leaves

Method

1. Peel and segment the oranges and grapefruit with a sharp knife, removing all pith. Collect any juices in a bowl and add the lemon juice.
2. Make the vinaigrette. In a small pan sweat the shallot in a little oil until translucent, then add the mixed juices and honey. Reduce by a third and allow to cool.
3. Add the olive oil and sherry vinegar to the reduced fruit juices. Whisk and season.
4. Peel the courgette lengthways into ribbons and add to the sliced onion and fruit segments.
5. Pat dry the fish and dust in seasoned flour.
6. Heat a little oil over a medium-high heat and fry the fillets for approximately 3 minutes on each side.
7. For the last minute of cooking, add the butter and a large squeeze of lemon juice. Baste the fish until cooked through. It should have a light crust but still be moist inside.
8. Dress the salad with the citrus vinaigrette, add some small basil leaves, and serve with the fish.