



BROWN BUTTER COD

45 MINUTES

MAKES 4 SERVINGS

An easy, yet delicious dinner.

INSTRUCTIONS

For Cod:

Season fish with salt and pepper. Over high heat, bring cast iron skillet to a searing heat with a tiny drizzle of olive oil. Sear each side of fish for 1 minute per side. Tilt pan towards you and add butter. Allow butter to brown slightly and baste fish with spoon over top, repeatedly for 1-2 minutes or until cooked through. Remove from heat.

For Pesto:

Blend nuts, cheese and garlic together. Add remaining ingredients (a splash of oil to begin) and blend until desired consistency, drizzling more oil as needed. Season with salt and pepper to taste.

Smooth pesto with spoon, add rice, top with fish, more pesto and garnish with arugula and coarse salt.

INGREDIENTS

Cod:

- 1 Cod Fillet, deboned (cut into 4 pieces)
- 3-4 tbsp of Butter
- Olive Oil
- Salt and Pepper to taste
- Cooked Rice, fluffed

Pesto:

- 1 Handful of GoodLeaf Arugula
- 1 Cup of Walnuts, toasted
- 1 Clove of Garlic
- 1 Cup of Parmigiana Reggiano
- Juice of half a Lemon
- Olive Oil
- Salt and Pepper to taste



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