

Seared Cod Filet, Roasted Carrot & Potato, Lemon Butter Sauce.

4 x 130 g Cod Filets
4 x medium sized Potatoes washed and cut in half.
4 x Carrots peeled and cut in chunks.
100 ml Cream
100 g Butter.
Juice of 1 Lemon.
1 x Lemon cut into wedges.
40ml Vegetable Oil
Salt & Pepper to season
(Fresh or Dried Thyme – optional)

Place Potato and Carrots in a roasting tray, add 40 ml vegetable Oil, season with salt and pepper, toss.(you could add a teaspoon of fresh or dried Thyme if you like).

Place all on the tray into a preheated oven @ 180° electric or gas mark 4/5 for 30 to 40 mins, toss ingredients occasionally during cooking.

Heat a frying pan, add a little vegetable oil, season Cod with salt and pepper, cook for 3/4 mins on each side, remove fish from pan, add butter, cream and lemon juice, simmer till sauce thickens.

Place vegetable on plates, put Cod on top and spoon over sauce. Garnish with lemon wedge.