

SEARED COD FILLETS MUSSEL & TOMATO DRESSING

2 x Fillets of Cod Skinned 135grms each
140 grms Cooked Mussels meat (shelled)
½ Fresh Lemon
50 grms Butter
Salt & Black Pepper to season

Dressing:

50 mls Olive Oil
50 mls Burren Blood Orange & Cardamon Balsamic Oil
½ x Small Red Onion peeled, sliced and diced
6 x Cherry Tomatoes quartered
½ Fresh Lemon
1 x tablespoon chopped Dill
Salt & Black Pepper to season

Add balsamic vinegar & olive oil together in a medium sized bowl and whisk until blended. Then add red onion, cherry tomatoes, freshly squeezed lemon, chopped dill with salt and pepper.

Heat frying pan on a high heat with cooking oil. Season Cod fillets with Salt & Pepper. Place on pan – 3mins each side. Add butter to pan with ½ lemon juice and spoon over fish for 20 seconds. Spoon over the seared cod and add salad. Serve.

ENJOY !