

Almond-crusted Cod with Lemon & Parsley Butter



Serves 4 Prep 30 mins

Cooking 30 mins

Easy

Ingredients

75g ground almonds
75g butter
2 lemons, 1 zested, ½ juiced, 1 cut into wedges
25g parsley, leaves chopped
4 cod loin fillets
1 kg new potatoes, larger ones cut in half
2 tbsp olive oil
400g green beans, trimmed

1. Preheat oven to 200°C/180°C fan/gas 6 and melt 25g of the butter. Mix the almonds with the melted butter, lemon zest and half the parsley. Season well and set aside.
2. Boil the potatoes for 15-20 mins, until tender. Meanwhile, pat the cod dry with kitchen towel, place on a baking tray lined with baking paper and pack the almond crust on top of the fillets. Bake for 15 - 20 mins, until the cod is opaque and flakes to the touch.
3. Boil the green beans in boiling salted water for 3 - 5 minutes. Drain.
4. To make the sauce, melt the remaining 50g butter in a small pan. Watch carefully when it starts to foam and, as soon as it turns deep gold, add the juice of ½ the lemon and take off the heat. Stir in the remaining parsley