

# Cod with Golden Mash & Sherry Sauce



**Serves 3**

**Prep 25 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

1 tbsp olive oil  
15g butter  
3 skinned cod fillet pieces, ± 175g each

### For the Sherry Sauce

15g unsalted butter  
1/2 small onion, finely chopped  
75ml medium Sherry  
75ml fish stock  
2 tbsp crème fraîche  
1 spring onions, chopped

### Golden mash

450g floury potatoes  
100g carrots  
2 tbsp milk  
knob of butter  
1 spring onions, chopped

### Green beans

1. Preheat the oven to 240C/ Fan 220C/ Gas 9.
2. Make the mash: Cook the floury potatoes and the carrots, peeled and cut into chunks, for 2 mins until tender: drain. Heat the milk and a knob of butter until the butter melts; add potatoes and mash well. Puree the carrots in a blender and add to the potato puree. Stir in a bunch of chopped spring onion and season.
3. Make the sauce: melt half the butter and fry the onion for 5 mins. Stir in the sherry and stock; bubble until reduced by half. Whisk in the crème fraîche and remaining butter. Add the spring onions before serving. Meanwhile cook the beans.
4. Cook the fish: heat the olive oil and butter in a large roasting tin on the hob until foaming. Season the fish and cook, skin-side down for 2 minutes. Turn the fillets and transfer the pan to the oven. Cook for 3-4 mins until just tender.
5. Reheat the sauce and serve with the fish, beans and golden mash.