

Cod with Lemon & Parsley



Serves 2

Prep 10 mins

Cooking 10 mins

Easy

Ingredients

2 cod fillets, ± 175g each
seasoned flour
1 lemon
25g butter
1 heaped tbsp chopped parsley
new potatoes, to serve
runner beans or baby carrots, to serve

1. Coat the cod fillets with the flour, dusting off any excess. Squeeze the juice from the lemon.
2. Heat half the butter in a frying pan. When it is bubbling, add the fish and cook over a fairly high heat until the underside is done, about 4 -5 mins. Using a fish slice, turn the fillets carefully and brown the other side. When the fish is just cooked (the flesh will start to flake and become opaque), add the remaining butter to the pan. When it is bubbling, stir in the lemon juice and season.
3. Bubble the sauce up until it is slightly thickened, then stir in the parsley. Serve with new potatoes and greens or baby carrots.