

## Pan Fried Cod with Warm Tartare Sauce



**Serves 2**

**Prep 15 mins**

**Cooking 15 mins**

**Easy**

### Ingredients

40g butter  
sea salt and freshly ground black pepper  
2 x 150-g skinless cod fillets  
200g cooked Maris Piper potatoes, diced  
50g fresh podded or frozen peas  
bunch of asparagus  
100g samphire (optional)

### For the tartare sauce

50ml hot fish stock  
100ml double cream  
1 tbsp fresh mayonnaise  
1 little gem lettuce, shredded  
4 baby gherkins, diced  
1 tsp chives or dill, chopped  
50g white Cromer crab meat  
juice of ½ lemon

1. Heat a non-stick frying pan over a medium heat until hot then add 15g of the butter. Season the cod and as soon as the butter has melted, add the fillets to the pan & cook for 2–3 mins on one side. Carefully turn them over and cook for a further 2–3 mins, until the fish is opaque all the way through. Lift onto a warm plate, then cover and rest. Set the pan aside to use for the sauce.
2. Pop the remaining butter into a separate medium saucepan and place over a medium heat. As soon as the butter has melted, stir in the potatoes and peas. Cut the asparagus spears in half and dice the bottom half of the stems. Add these to the pan together with the samphire, if using. Season well and cook, stirring everything together, for 2–3 minutes.
3. To make the tartare sauce, pour the stock & cream into the frying pan the fish was cooked in. Bring to the boil, & reduce the heat to a simmer. Add the mayonnaise, lettuce, gherkins, chives & crab meat. Season, then stir in the lemon juice, mixing everything together.
4. To serve, divide the potato, pea & asparagus mixture between 2 warmed bowls, top each with a portion of cod & spoon the warm tartare sauce over the top.