

Roasted Cod, Brown Shrimp & Parsley Sauce



Serves 4 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

20ml extra-virgin olive oil
2 x 200g thick cod loin fillets, skin on
40g unsalted butter
1 tsp sea salt flakes
40g brown shrimps tub in butter,
1 lemon, cut into 4 wedges

Parsley sauce:

250ml milk
½ small onion or 1 shallot, finely sliced
1 bay leaf
15g unsalted butter
15g plain flour
25ml white wine or stock
15g parsley, chopped
lemon juice a squeeze

1. Heat the oven to 200C/fan 1 B0C/gas 6. For the sauce, pour the milk into a pan & bring to the boil. Add the onion & bay. Simmer for 5 mins. Cool to let it infuse.
2. Meanwhile, melt the butter in a non-stick pan & stir in the flour. Cook for 30 secs, stirring constantly. Gradually add the infused milk, stirring well. When all the milk is added, stir in the wine or stock. Bring to a gentle simmer. Cook for 3-4 mins, stirring constantly until the sauce is thick & smooth. Stir in parsley & lemon juice & season.
3. Drizzle the oil into an oven proof frying pan & cook the cod fillets, skin-side down, over a medium-high heat, pressing each a little firmly into the pan for 10-15 secs. Put the cold butter on the flesh sides & put into the oven to roast for 5-8 mins or until cooked through. Check if the fish is cooked – a cocktail stick should go through easily. Remove from the oven. Add the shrimps to the pan to warm through, season, baste the fish fillets with the butter and squeeze over some lemon juice. Turn over onto the flesh sides and leave them to rest for a few minutes.
4. Serve the fish with the butter and shrimps spooned over, with a lemon wedge and the parsley sauce on the side.