

# Thyme Roasted Cod & Panzanella Salad



**Serves 3**

**Prep 15 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

### For the fish

500g cod loin, skin removed or 3 pieces of cod fillet  
2 tbsp oil  
3 thyme sprigs  
20g butter  
1 tbsp lemon juice

### For the panzanella salad

3 tbsp oil  
300g tomatoes, mixed colours & shapes  
1/2 tsp sea salt  
100g sourdough bread  
1 tbsp white wine vinegar  
small bunch parsley, chopped  
large handful basil, chopped  
parmesan, grated

Dice the large tomatoes and cut any small ones in half. Tip into a bowl, sprinkle over the sea salt, toss together and set aside for half an hour. Once the tomatoes have wilted slightly, set a sieve over a bowl and strain them, catching all the juices. Whisk the oil and vinegar into the tomato juices. Taste and season.

Tear the sourdough into bite-sized pieces and place on a baking tray. Drizzle with a tbsp oil, sprinkle with a little salt and toss everything together. Bake for 15 mins, stirring halfway through, until golden and crispy. Remove the toasted croutons.

Cut the cod into 3 even sized pieces, season, drizzle with 1 tbsp oil and leave for 10 mins. Heat 2 tbsp oil in a large non-stick, ovenproof frying pan. Top each piece with a sprig of thyme and place, thyme side down, in the pan. Cook for 1-2 mins until the cod starts to colour. Transfer the pan to the oven and cook for 4-6 mins, depending on the thickness. If the cod pieces are very thin, just transfer to an ovenproof tray and finish the cooking in the oven.

Meanwhile, mix the crispy croutons and the tomatoes together in a bowl. Pour over the dressing, scatter with parsley and basil and toss everything together. Divide the salad between plates and grind over a little parmesan. When the cod is cooked, add the butter to the pan and let it melt. Squeeze in the lemon juice and baste the cod in the buttery juices. Turn the portions over to reveal the thyme studded fish. Serve with the salad and some of the juices from the pan.