

ATLANTIC COD LOINS

Size approx 85g / 3oz

Handling Instructions:

For best results cook from frozen.

Cook until a minimum internal temperature of 70°C/158°F is reached.

To thaw; place in refrigerator overnight.

DO NOT THAW in warm water or at room temperature.

Pan Fried Cod with Shrimp Cream Sauce

Ingredients

2 cod loins, 1 medium eggplant, sliced, 2 medium sized carrots, peeled and cut lengthwise
6 small potatoes, peeled and boiled, 20g cheddar cheese, grated
50ml extra thick double cream, 1 teaspoon olive oil, salt and pepper

Sauce: **150g cocktail shrimp**, 4 tablespoons chopped fresh parsley, 1 lemon - rind and juice
juice of 1/4 lime, 100ml extra thick double cream

Directions:

Preheat the broiler.

1. Start by preheating the oven to 200°C/400°F
2. Using a spray oil, cover the bottom of a baking dish with an even layer. place the carrots and eggplant on the tray. Cook in oven.
3. Once potatoes are cooked, and while still warm, mash with 50ml extra thick double cream and 20g grated cheese. Mash until smooth
4. Preheat a frying pan. Add 1 teaspoon olive oil. Wait until oil is hot. Add your two preseasoned cod loins after a small dip in plain flour (dipping in plain flour optional). Cook cod loins, turning over every 30 seconds until entire cod is cooked - there should be no pink or pale white flesh. You should see a solid white colour.
5. Meanwhile, over a low heat, prepare your sauce - combine the lemon juice, lemon rind and double cream and heat over a low heat, stirring. Once heated and you have a smooth sauce, add the chopped parsley. Stir for approximately 1-2 mins. Then add cooked shrimp and gently heat through.
6. Serve on a dish with the eggplant slices forming your platform for your cod, carrot lengths on top and few dollops of cheesy, creamy mash around the outside. Then cover with creamy sauce and serve hot!

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Nutrition Facts

Serving Size 1 Loin (85g)

Amount Per Serving

Calories 70

% Daily Values*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 45mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 15g **30%**

*Percent Daily Values are based on a 2,000 calorie diet.