



# Recipes

## Fish

### Cod With Puree Peas

*Prep and Cook Time: 25 minutes*

*Yield: 4 servings*

#### Ingredients:

1½ lb. Cod filets (thick cut), may also substitute Halibut or Tilapia  
3 tablespoons finely minced lemon rind  
4 tablespoons fresh lemon juice  
3 tablespoons chopped fresh parsley  
1/4 teaspoon salt  
pinch cayenne  
Pureed Peas  
1 medium onion, coarsely chopped  
4 medium cloves garlic, coarsely chopped  
1 tablespoon + 3 tablespoons chicken or vegetable broth  
15 oz frozen sweet peas  
4 tablespoons sunflower seeds  
Sea salt and pepper to taste

#### Directions:

1. Preheat oven to 400°F.
2. Chop garlic.
3. Mix together minced lemon rind, lemon juice, chopped parsley, sea salt, and cayenne.
4. Rub cod filets generously with mixture and place in baking dish. Place fish in oven and bake for about 10-15 minutes.
5. While fish is baking, heat 1 TBS broth in a 10 inch stainless steel skillet. Sauté onion in broth over medium heat for about 4 minutes, stirring frequently, until translucent. Add garlic and continue to sauté for another minute. Add 3 TBS broth, peas, sunflower seeds, sea salt and pepper, and heat for about 3 minutes.
6. Puree pea mixture in blender, scraping the sides with a rubber spatula from time to time to mix well.
7. Serve cod with peas.