

Garlic Butter Cod

Shop

- 1 medium cod or halibut fillet cut in 3-4 chunks
- asparagus
- 2-3 cloves garlic (2 tsp minced)
- 1/2 cup/125ml vegetable broth or white wine
- 1/2 stick butter
- lemon juice
- 1 Tbsp parsley or cilantro
- 1 Tbsp hot sauce, optional
- crushed red pepper, optional

Prep

1. Thaw fish if needed.
2. Mince 2-3 cloves garlic.
3. Mince 1 Tbsp parsley if using fresh.
4. Wash and remove gross ends of asparagus.
5. Season fish with salt/pepper.

Cook

1. Optionally blanch the asparagus: Boil for 2-3 minutes, then soak in ice water to stop cooking. Set aside.
2. Cook fish in olive oil, on both sides until brown. Set aside.
3. In same skillet, add garlic, deglaze with vegetable broth/wine. Bring to simmer.
4. Add 1/2 stick butter, "juice of 1/2 a lemon", 1 Tbsp hot sauce (opt), and 1 Tbsp parsley. Stir.
5. Add asparagus and cook for 2 minutes.
6. Add cod back to pan and reheat 1 minute.
7. Garnish with more parsley, red pepper, lemon slices.

Derived from <https://www.eatwell101.com/garlic-butter-cod-asparagus-skillet-recipe>