



COD FILLET WITH LETTUCE SAUCE, OVEN-ROASTED TOMATOES AND GARDEN HERBS

Categoria: Main Courses **Difficoltà:** molto facile

Ingredienti per 2 porzioni

- 2 cod fillets

For the lettuce sauce

- 350 g lettuce
- 20 ml white wine
- 3.5 g salt
- ½ g Xanthan gum
- 25 ml water
- 22 ml extra virgin olive oil
- 65 ml apple vinegar

For the oven-roasted tomatoes

- 12 Piennolo tomatoes
- 2 sprigs of thyme
- 2 sprigs of rosemary
- 1?2 garlic
- 40 ml extra virgin olive oil
- 3 g salt

Sear the cod fillets in a frying pan on baking paper with a drizzle of oil, salt and pepper.

Finish cooking the cod in a preheated oven at 175°C for 5 minutes.

Wash and chop the lettuce.

Mix the lettuce with the vinegar and salt.

Leave the lettuce to marinate for 15 minutes.

Blend the lettuce with water and vinegar.

Sieve the lettuce sauce.

Add the oil and Xanthan gum and blend.

Slice the Piennolo tomatoes.

Place the tomatoes on an oven tray with oil, salt, garlic and the herbs.



Roast in the oven at 160°C for 17/20 minutes.

Place the lettuce sauce in the centre of each plate.

Place the cod fillet on the sauce.

Arrange the Piemnolo tomatoes on the cod.

Garnish with the garden herbs.

Enjoy it's from Europe!

