

Pan-roasted cod loin with pea and asparagus risotto

SERVE 4PPL:



Ingredients

- COD LOIN:
- 4 Piece 6oz cod loins (1.5LB)
- 2 tbsp of olive oil
- 30g of unsalted butter
- salt
- freshly ground black pepper

- PEA AND ASPARAGUS RISOTTO:
- 150g of asparagus spears, fine
- 4 cup vegetable stock, fresh
- 2 shallots, peeled and finely chopped
- 1 garlic clove, peeled and crushed
- 25g of unsalted butter, diced
- 250g of carnaroli risotto rice
- 250ml of dry white wine
- 50g of frozen peas
- 30g of Parmesan, finely grated
- 1 tbsp of olive oil
- salt
- freshly ground black pepper

-To begin, place the vegetable stock in a small pan, bring to a boil then keep warm over low heat

-Prepare the asparagus by snapping of the woody ends (add the woody ends to the pan with vegetable stock). Cut an inch off the tips of the spears and finely slice the remaining middle section into discs, setting both aside

- Make the risotto by adding the olive oil to a wide, heavy-based frying pan over a low heat. Sweat the shallots and crushed garlic until soft and translucent, this will take around 8–10 minutes. Season lightly with salt and pepper

- Add the diced butter to the pan along with the rice and stir for a couple of minutes until the rice becomes hot and sticky. Turn up the heat and add the white wine, stirring until the wine has evaporated

- Remove the woody asparagus ends from the stock with a slotted spoon and discard them. Lower the heat to moderate and start adding the stock to the rice, one ladleful at a time. Stir and allow the rice to absorb the liquid before adding another ladleful. After 10 minutes, add the asparagus tips and sliced middles along with the peas. Continue adding the stock until the rice is cooked al dente, approximately another 5–8 minutes

- While the risotto is cooking, prepare the cod, seasoning it with salt and pepper. Heat a large non stick frying pan over a medium heat and add the olive oil. Add the fish to the pan, skin-side down. Turn the heat down and cook for 5 minutes. Add the butter to the pan and turn the fish over, cook for a further 4–6 minutes depending on the thickness of the fish, basting occasionally with butter

- Finish the risotto by stirring in the Parmesan and seasoning to taste. Divide between four plates or bowls and top with the fish and pea shoots. Serve immediately