

Crispy Cod

with Warm Cauliflower & Mustard Green Salad

When properly balanced, contrasting flavors produce incredibly delicious results. In this dish, as a side for crispy, pan-seared cod fillets, we're serving up a tasty salad that makes use of a classic, contrasting flavor pairing. Quick-pickled red onion and golden raisins join sweetness and tartness, brightening up everything they touch. To complement the pickles' sweetness, we're tossing them with bitter mustard greens, sautéed with briny capers, garlic and mildly earthy cauliflower.



Ingredients

- 2 Cod Fillets
- 3 Cloves Garlic
- 1 Head Cauliflower
- 1 Red Onion
- ½ Bunch Mustard Greens

Knick Knacks

- 2 Tablespoons Capers
- 2 Tablespoons Golden Raisins
- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Rice Flour
- 2 Tablespoons Sugar
- 2 Tablespoons Sliced Almonds

Makes 2 Servings

About 580 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the garlic. Remove and discard the stems of the mustard greens; roughly chop the leaves. Cut out and discard the core of the cauliflower; cut the head into small florets. Peel and medium dice the onion.

2



Toast the almonds:

Heat a large, dry pan (nonstick, if you have one) on medium until hot. Add the **almonds** and toast, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant. Transfer to a large bowl and set aside. Wipe out the pan.

3



Pickle the onion & raisins:

In the pan used to toast the almonds, combine the **onion, raisins, sugar, vinegar, a big pinch of salt** and **¼ cup of water**. Heat to boiling on medium-high. Once boiling, cook, stirring occasionally, 2 to 3 minutes, or until the onion has softened and the liquid is slightly reduced in volume. Transfer the mixture to a heatproof bowl and set aside to pickle for at least 10 minutes. Carefully rinse and wipe out the pan.

4



Cook the vegetables:

In the pan used to pickle the onion and raisins, heat 2 teaspoons of olive oil on medium-high until hot. Add the **cauliflower**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Add the **garlic, capers** and **mustard greens**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the mustard greens have wilted. Transfer to the bowl of **toasted almonds**. Wipe out the pan.

5



Coat & cook the cod:

Place the **rice flour** on a plate. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the rice flour (tapping off any excess). In the pan used to cook the vegetables, heat 2 teaspoons of olive oil on medium-high until hot. Add the fillets, coated sides down. Cook 3 to 5 minutes on the first side, or until golden brown. Flip and cook 2 to 3 minutes, or until cooked through. Remove from heat.

6



Make the salad & plate your dish:

To the bowl of cooked vegetables and toasted almonds, add the **pickled onion and raisins** and as much of the **pickling liquid** as you'd like (you may have extra); toss to thoroughly combine and season with salt and pepper to taste. Divide the **salad** and **cooked cod fillets** between 2 plates. Finish with a drizzle of olive oil, if desired. Enjoy!