

Pan-Seared Cod & Roasted Red Potatoes

with Remoulade Sauce & Frisée Salad

Our French-inspired take on 'fish and chips' is designed for the true gourmand. These tender, flaky pieces of cod are lightly battered, fried to golden-brown perfection and served with a side of roasted potato wedges. For the dipping sauce, you'll use herbs, parsley, capers and cornichons to make remoulade, a zesty condiment that's perfect for fried fish.



Ingredients

7 Ounces Baby Red Potatoes
½ Bunch Radishes
3 Cornichons
1 Bunch Chives
1 Bunch Parsley
1 Clove Garlic
1 Lemon
1 Teaspoon Capers
½ Head Frisée
2 Tablespoons Mayonnaise
½ Cup Rice Flour
2 Cod Fillets
Makes 2 Servings
About 670 Calories Per Serving



Instructions



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the potatoes into ½-inch wedges. Cut the radishes into ¼-inch wedges. Pick the parsley leaves off the stems; discard the stems. Finely chop the parsley leaves, cornichons, chives, and capers. Peel and mince the garlic then, using the flat side of your knife, smash until it resembles a paste. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the peel to get 2 teaspoons of lemon zest. Quarter the lemon and remove the seeds. Roughly chop the frisée.



Roast the potatoes:

Place the **potatoes** on a sheet pan, toss with olive oil and season with salt and pepper. Place in the oven and roast 12 to 15 minutes, or until browned and tender when pierced with a fork, stirring halfway through. Remove from oven and set aside in a warm place.



Make the remoulade sauce & fish batter:

While the potatoes roast, in a small bowl, combine the **parsley, capers, cornichons, garlic, lemon zest, mayonnaise, the juice of 2 lemon wedges and 1 tablespoon of olive oil**; season with salt and pepper to taste. In a medium bowl, combine **all but 1 tablespoon of the rice flour** (save the rest to dust the fish) and ½ cup of water. Whisk until smooth and season with salt and pepper.



Cook the fish:

Season the **fish fillets** with salt and pepper on both sides and lightly coat with the **remaining rice flour**, shaking off any excess. Completely coat the seasoned fish fillets with the **batter**, letting any excess drip off. Pour ¼-inch of olive oil into a medium pan (nonstick, if you have one), and heat on medium-high until hot. (You can test your oil by adding a few drops of batter to the pan. If they sizzle immediately, the oil is ready.) Add the **coated fish** and cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer the fish to a paper towel-lined plate and season immediately with salt and pepper.



Make the frisée salad:

In a medium bowl, combine the **frisée, radishes and all but a pinch of the chives** (reserve the rest for garnish). Toss with a little olive oil and the **juice of the remaining lemon wedges**; season with salt and pepper to taste.



Plate your dish:

Divide the **fish fillets** between 2 plates and spoon some of the **remoulade sauce** on top of each. Serve with the **roasted potatoes and frisée salad** on the side. Garnish with the **remaining chives**. Enjoy!