

Cod over Linguine

with Fresh Peas, Meyer Lemon & Spring Herbs

English peas are one of the first vegetables planted after the winter thaw. They thrive in the cool breezes of spring, but don't stand up well to the heat of summer. Harvested during a short window, these fresh vegetables are best served barely cooked, almost raw, to preserve their crunch and subtle, sweet flavor.



Ingredients

- 10 Ounces English Peas
- 3 Cloves Garlic
- 2 Cod Fillets
- 1 Bunch Basil
- 1 Bunch Mint
- 1 Meyer Lemon
- 1 Red Onion
- 8 Ounces Linguine Pasta
- 1 Tablespoon Butter
- ¼ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings
About 700 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Shell the peas. Peel and thinly slice the garlic and onion. Pick the mint and basil leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the Meyer lemon, avoiding the white pith; mince the rind to get 2 teaspoons of lemon zest. Cut the lemon into quarters and remove the seeds. Cut the cod into large pieces.



Cook the pasta:

Once the water is boiling, add the **pasta** and cook 7 to 9 minutes, or until al dente (still slightly firm to the bite). Reserve 1 cup of the **pasta water** and drain the pasta thoroughly. Set the drained pasta aside as you continue cooking.



Cook the cod:

While the pasta cooks, pat the **cod** dry with paper towels and season with salt and pepper. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned cod to the pan and cook 1 to 3 minutes on the first side, or until golden brown.



Cook the vegetables:

Turn over the cod and add the **onion**; cook 30 seconds to 1 minute, or until slightly softened. Add the **garlic** and cook 30 seconds to 1 minute or until fragrant. Stir in the **lemon zest**, **peas** and **as much of the red pepper flakes as you'd like**. Season with salt and pepper and cook 1 to 2 minutes, or until the peas are bright green. Stir in the **butter** and cook 30 seconds to 1 minute, or until melted and thoroughly combined.



Finish the pasta:

Rinse the **cooked pasta** under cold water to loosen, then add it to the pan along with **the reserved pasta water**, **the juice of 2 lemon wedges**, **half of both the mint and basil** (roughly chopping or tearing the leaves just before adding, if you'd like). Season with salt and pepper and cook 1 to 2 minutes, or until the all of the liquid is absorbed. Remove from heat.



Plate your dish:

Divide the **cod and pasta** between 2 dishes. Garnish with the **remaining basil, mint and lemon wedges**. Enjoy!