



DropChef Pan Seared Cod with Fresh Dill Baby Potatoes & Mediterranean Vegetables

This dish combines loads of fresh Irish ingredients to create an amazing summery dinner. The crunchy and slightly sweet fennel and olives really bring the Mediterranean flavour to this meal. The dill perfectly compliments the fennel by having a similar but slightly subtler anise flavour. Add it to taste.

Ingredients

- Cod Fillet
- Baby Potatoes
- Fennel Bulb
- Garlic
- Cherry Tomatoes
- Fresh Dill
- Lemon
- Black Olives

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 294 kcal
Carbohydrates: 33 g
Protein: 8 g
Fat: 12 g

Allergens


Fish (Cod)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Put the potatoes on to cook

Place the baby potatoes in a pot, cover with water and add salt, bring to a boil and simmer for 15 minutes or until the potatoes are cooked. To check if the potatoes are ready, pierce them with a sharp knife to see if they are tender.

2) Prepare the vegetables

Slice the fennel. Crush the garlic. Chop the cherry tomatoes and olives in half.

3) Fry the vegetables

In a hot pan with some oil, fry the fennel, garlic, cherry tomatoes and olives for 3 minutes. Remove from the heat and keep warm.

4) Fry the fish

Add some more oil to the pan and fry the cod skin-side down over a medium heat for 3 minutes. Then turn over the fish and cook for another 2 minutes. Cover and keep warm.

5) Flavour the potatoes

Strain the baby potatoes. Then add some lemon juice and chopped dill to the potatoes. Season with salt and pepper.

6) Plare the dish

Serve with the potatoes with the vegetables mixture spooned over them. Place the fish on top of this.



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