

SKREI® GRILLED COD WITH BEAN SALAD



SKREI® Grilled Cod with Bean Salad

SKREI® is a unique kind of Norwegian prime cod with a delicious taste and firm texture. It's only available between January and April. So when it's out of season, use standard Norwegian cod or haddock instead.

Ingredients: Serves 4

800g cod fillet with skin, quartered
2 tablespoons coarse salt
100-200g Brussels sprouts, cut in 4
100g canned chickpeas
100g canned kidney beans
100g canned large white beans
1 red onion, into thin wedges
3 green onions, sliced

Preparation:

For the SKREI®:

Cut the cod fillets into serving pieces.
Sprinkle the pieces with coarse salt and leave them for about 20 minutes.
Rinse off the salt and dry fish with some kitchen paper.

For the Bean Salad:

Cut the brussel sprouts in four and turn them in a little olive oil.
Spread them over a baking tray and put them under the grill in the oven until they begin to colour, about 5 minutes.

A little finely chopped parsley
3 tbsp olive oil
Juice of 1 lemon
½ teaspoon salt
¼ teaspoon pepper

Rinse the beans well.

Mix all the vegetables together.



Turn off the oven and let the vegetables stand at the bottom of the lukewarm oven so they are a little warm.

Flip with olive oil and lemon juice before serving.

Season with salt and pepper.

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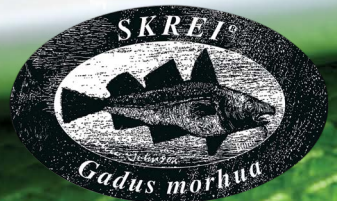
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SKREI® FILLET OR LOIN WITH A LEMON AND PESTO CRUST



SKREI® Fillet or Loin with a Lemon and Pesto Crust

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Ingredients: Serves 4

4 SKREI® fillets or loins
2 tbsp green pesto
Zest of 1 lemon, finely grated
10 green olives, pitted and roughly chopped
85g fresh breadcrumbs

Preparation:

Heat your oven to 200°C/fan 180°C/gas 6.

Mix the pesto, lemon zest and olives together, then stir in the breadcrumbs.


Lay the SKREI® on a baking tray, skin side down, then press the crumbs over the surface of each piece.


Bake in the oven for 10-12 mins until the fish is cooked through and the crust is crisp and brown.

Try it with a pommes purée and your favourite steamed greens.

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