



Garlic Breaded Cod with Asparagus



 @foodiesnapstagram

chef

ingredients

how-to



Sarah has been creating on social media since 2015, and practicing professional photography since 2010. Her Instagram is where she showcases her work and, through her pictures, invites others to try restaurants and meals in the greater Boston area.

Garlic Breaded Cod with Asparagus

Ingredients for

Main Dish:

- 1 stick butter (room temperature)
- 2 Tbsp olive oil
- 2 eggs
- 3 cloves garlic, minced
- 1/4 tsp paprika
- 1/4 tsp salt

2 tbsp finely

chopped parsley

1 cup Bread crumbs

16 oz. local cod

Olive oil spray

2 tsp lemon juice

Ingredients for

Side Dish:

- 3 tbsp olive oil
- 1 cup grape tomatoes
- 1/2 sweet onion
- 1 tbsp Worcestershire sauce
- 1/2 lb asparagus
- 1 cup cheddar cheese

Preparing the Main Dish: Preheat the oven to 400F. In a small bowl, combine the butter, olive oil, garlic, paprika, salt, egg, bread crumbs, and chopped parsley. Stir until it forms a fairly smooth garlic butter paste.

Spray the pan with olive oil spray.

Coat the fish with the garlic butter mixture and place on the sprayed pan. Season with salt and pepper.

Bake the cod for 30 minutes, then broil at 500 for 5 minutes.

Spoon any juices from the bottom of the pan over the fish.

Squeeze lemon juice on top.

Preparing the Side Dish: On a separate pan, sprinkle the asparagus with olive oil, cheese, and salt. Put in the oven for 25 minutes to cook alongside the fish.

While fish and asparagus are in the oven, chop then sauté the sweet onion, adding salt and Worcestershire sauce. Cook until onions are browned. Toss in the grape tomatoes and cook for 5-7 minutes on low heat.