

COD WITH FRESH HERB SAUCE

For the Fresh Herb Sauce:

1 bunch flat leaf parsley, stems removed (about 1 cup)

¼ cup fresh dill, stems removed

2 tbsp. chopped shallots

2 tsp. minced garlic

2 tbsp. drained capers

Zest from 1 lemon

Juice from 1 lemon

½ cup olive oil

Salt and pepper to taste

For the Fish:

1 ½ - 2 lbs. firm cod (or salmon filets)

Olive oil

Salt, pepper and paprika

For the Fresh Herb Sauce:

1. Place all the ingredients into a food processor or blender and process until smooth. Add salt and pepper to taste and set aside.

For the Fish:

2. If you want to bake the fish, preheat the oven to 400F. Liberally drizzle olive oil over both sides of the fish and season both sides with salt, pepper, and paprika. Bake for 12-14 minutes or until the fish flakes easily with a fork. Cooking time will depend on how thick the fish is.

3. If you want to saute the fish, heat the saute pan to temperature over medium heat. Liberally drizzle olive oil over both sides of the fish and season both sides of the fish and season both sides with salt, pepper, and paprika. Saute for 3-4 minutes per side or until the fish flakes easily with a fork. Cooking time will depend on how thick the fish is.

4. Serve fish with the Fresh Herb Sauce over the top or on the side.

Serves 4

LENTIL SALAD WITH FRESH HERBS

1 cup French green lentils or Black Beluga lentils
Salt and freshly cracked black pepper
1 bay leaf
¼ cup extra virgin olive oil
2 medium shallots, thinly sliced
5 garlic cloves, thinly sliced
½ cup pine nuts, or chopped almonds or pistachios
2 medium lemons, zested + 2 tbsp. of the juice
2 tsp. red pepper flakes
Heaping ½ tsp. salt
1 – 1 ½ red wine vinegar
1 ½ cups fresh soft herbs such as basil, mint, parsley, and/or cilantro, chopped
3 cups arugula

1. Cook the lentils: Fill a medium saucepan with water and generously salt, as you would salt cooking water for pasta. Once the water is boiling add the lentils, bay leaf, and a few rounds of black pepper.
2. Reduce the heat to simmer and maintain a simmer for 20-23 minutes, or until the lentils are al dente (tender but with a bite). When the lentils are al dente, drain them over a colander and discard the bay leaf. Shake the colander a few times to get rid of the water.
3. While the lentils cook, heat the olive oil in a large frying pan over medium heat. Once warm, add the shallots and garlic with a pinch of salt. Cook for 3 minutes or until shallots are just starting to get some color.
4. Add the pine nuts and cook, stirring from time to time, for 4-y minutes, or until garlic is just turning golden brown around the edges and the pine nuts are toasted and nicely browned.
5. Add lemon zest, red pepper flakes, and salt and cook for 30 seconds, tossing frequently. Take off heat immediately and pour into. A large bowl to stop cooking.

6. While the lentils cook, chop the fresh herbs. Add the lentils to the aromatic oil, season with salt, black pepper to taste, and toss well. Add the vinegar a little at a time, 2 tablespoons lemon juice, fresh herbs and toss well to combine.

7. Add the arugula and toss together with tongs to just gently wilt. Season the salad with salt and pepper if needed.

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