

Pan Roasted Codfish with Broccoli Almond Pesto - Anthony Salemme

By Anthony Salemme, contributing chef



Serves 4

This being the last week of Lent here is one more fish recipe.

1 ½ pounds Codfish loin, salt and pepper

Broccoli Pesto

1 pound broccoli florets, cooked

4 ounces spinach

2 ounces slivered almonds toasted in 1 Tablespoon butter

2 tablespoons fresh chopped dill

1 lemon, zested and juiced

1 cup olive oil

½ cup Parmesan

In the bowl of a food processor add all the ingredients and pulse until almost smooth. Add salt and pepper to taste.

Preheat oven to 425F.

Cut the Cod loin into 4 portions. Sprinkle salt and pepper on all sides.

Place cod onto a buttered baking sheet. Top each piece with broccoli pesto.

Bake for 15 minutes.

I served it with tomato rice and a biscuit. The vegetable is already in the sauce.