

## PAN SEARED COD WITH ACORN SQUASH AND MUSHROOMS



WE BROUGHT FALL TO YOUR PLATE WITH ACORN SQUASH PUREE TOPPED WITH A DELICATE PAN-SEARED ALASKAN COD WHICH IS BALANCED BY A BRIGHT AND REFRESHING GREEN ONION OIL AND CRISPY MUSHROOMS

**Ingredients****Squash Sauce:**

1 Acorn Squash  
 2 Tbs Olive Oil  
 2 Tsp Lemon Juice  
 2 Sage leaves,  
 finely chopped  
 1 Tsp Fresh Thyme  
 2 Cups Chicken  
 Broth  
 1 Tsp Salt  
 1/2 Tsp Pepper

**Scallion Oil:**

1/2 Cup Olive Oil  
 6 Green Onions –  
 Green tops only  
 1 Tsp Lemon Juice  
 1/4 Tsp Salt

**Croutons:**

Sourdough Bread  
 cut into 1/2 Inch  
 Cubes to measure  
 2 Cup (It is easiest  
 if you do not buy a  
 pre sliced loaf)  
 3 Tbs Olive Oil  
 1 Cloves Finely  
 Minced Garlic  
 1/4 Tsp Salt  
 1/4 Tsp Pepper

**Cod:**

2 Portions Cod  
 6 Medium Crimini  
 Mushrooms  
 2 Tbs Butter  
 1/4 Tsp Salt

**Servings - 2   Time - 1 Hr 30 Min   Difficulty - Medium   Calories - 980**

Recipe #015



Prep 1: Thaw the Cod

Prep 2: Preheat oven to 400 degrees

Prep 3: Peel Acorn Squash and cut into 1 inch cubes

Toss with 2 Tbs Olive Oil, 1 Tsp Salt and 1/2 Tsp Pepper

Prep 4: Wipe the Mushrooms clean with a damp cloth or paper towel. Cut the ends off the stems. Thinly slice and set aside



Step 3: In a blender combine the Green Onion tops, Olive Oil, Lemon Juice, and Salt. Blend until smooth. Set aside and rinse the blender to use for the squash.

Step 4: When the Squash is tender remove and add to a blender along with 2 finely chopped Sage leaves, 1 Tsp Fresh Thyme, 2 Tsp lemon juice, 2 Tbs olive oil, 2 Cups Chicken Broth, blend until smooth



Step 1: Spread the Squash out on a baking tray and roast in the oven until tender approximately 30-45 Minutes

Step 2: Toss all of the crouton ingredients together Spread on a baking tray and bake for 15-20 Minutes



Step 5: Season Cod with Salt and Pepper  
Lightly drizzle oil in a skillet; heat over medium high heat. Add the Cod to the hot pan and cook 3-4 minutes per side. Remove from pan and set aside

Step 6: Melt the butter in your pan; add the Mushrooms and cook until they begin to brown. Remove and set aside.

Step 7: Plate the dish by ladling the Squash into a bowl; place the Cod on top and garnish with the 1 Tbs Green Onion Oil, Croutons, and Mushrooms.