

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.