

# Soy-marinated cod with fennel, dill and apple

## **SOY-MARINATED COD**

4 x cod fillets, each weighing 125g

50ml of soy sauce

1 dash of olive oil

## **FENNEL APPLE SALAD**

1 x fennel bulb

4 x sprigs of dill, chopped

40g of sesame seeds

1 x Granny Smith apple, peeled and cored

5 x sprigs of fresh coriander, leaves picked

1 pinch of salt

lemon juice

## Method

To start the dish, marinate the cod in the soy sauce for 20 minutes. Remove the fish and pat dry

Slice the fennel very finely with a knife and place in a bowl.

Mix in a pinch of salt, a squeeze of lemon juice and some chopped dill

Toast the sesame seeds under the grill or in a pan until golden. Cut the apple into thin batons and add to the fennel along with the sesame seeds

Preheat the oven to 200°C/gas mark 5

Place a large non-stick pan on a high heat with a small dash of oil. Evenly sear the cod, colouring for approximately 1 minute on each side. Place in the oven for 3 minutes, then remove and rest for 4 minutes to finish cooking through

Give the fennel salad another mix and place into the centre of each plate. Place the cod on top of the salad, garnish with the coriander leaves and serve immediately