

Oven roasted cod, strawberry maple watermelon salsa, and summer green vegetables

Recipe for 4

Description

A colorful and light dish to enjoy on a terrace in the summer season.

Note

Here we use a fish with white flesh, ideally we recommend Halibut, Lotte, and Cod.

Avoid fruit that is too acidic, it would destabilize the recipe.

Ingredients

Cod

- 6 Unit(s) Anchovy fillet
- 1 Unit(s) Lemon juice
- 1 Tbsp White balsamic vinegar
- 4 Tbsp Maple syrup
- 4 Tbsp Olive oil
- 3 Stem Majoram
- 4 Piece(s) Fresh cod fish
- Salt and pepper

Vinaigrette

- 2 Tbsp Rice vinegar
- 2 Tsp Olive oil
- 4 Turn(s) Black peppercorns
- Salt and pepper

Salsa

- 300 Gr Seedless watermelon
- 120 Gr English cucumber
- 16 Unit(s) Strawberry
- 1 Unit(s) French shallot
- Salt and pepper

Green vegetables

- 1 Lb Green beans
- 1 Lb Peas
- 1 Bunch(es) Green asparagus
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Cut the anchovy fillets into small pieces. Juice the lemon. Stem the marjoram, finely chop the parsley.

Cut the watermelon, strawberries and cucumber into small brunoise (cubes). Drain the brunoise. Finely dice the shallot.

Cod

In a small bowl, mix the anchovies, lemon juice, maple syrup, oil, marjoram, parsley and some cracked pepper, reserve in a cool place.

On a baking sheet, place a sheet of silicone or parchment paper, place the pieces of fish on it.

Cover the fish from the previous mixture, bake for a good 10 minutes, the flesh should easily flake under the pressure of a fork.

Sides

SALSA

Gently mix all the ingredients in the salsa.

VINAIGRETTE

Whisk all the ingredients together in a bowl, reserve in the fridge.

Green vegetables

In a boiling salted water, individually cook the peas, green beans and asparagus.

Make sure you keep the vegetables lightly crunchy. Once they are cooked to the desired consistency, remove them from the boiling water and drop them in ice water to stop cooking.

Once well drained, just before serving, toss them in a hot pan with butter and a drizzle of olive oil. Season with salt and pepper as needed.

Plating

Place the cod in the center of each plate, place each vegetable on the sides of the fish.

Delicately mix the salsa with the vinaigrette, then cover your fish.

Finish with young sprouts.

Bon appétit!