

Broiled cod and grilled asparagus with tomato concasse



Simplicity in essence, yet delicious and wholesome, codfish is often enjoyed for its delicate, sweet flavour and decadent, fatty texture. Fresh, flavourful herbs infuse the flaky codfish, providing an otherworldly burst of flavour that is absolutely perfect when paired with the milder aroma of the codfish, whilst delicate hints of lime add a delightful citrus tang. This particular recipe is healthy eating personified, both easy to make, and delectable for the perfect gourmet-dining experience.

INGREDIENTS



FOR BROILED COD FILLETS

- 600 g black cod fillets (150 g x 4 pieces)
- 2 limes, juiced
- 2 tbsp red palm oil
- 2 tsp sea salt
- 2 tsp crushed black pepper

FOR GRILLED ASPARAGUS

- 500 g large asparagus spears
- 2 tbsp palm oil
- 1 tsp sea salt
- 1 tsp black pepper, crushed

FOR TOMATO CONCASSE

- 1 kg tomato, skinned, pulp removed, diced
- 3 cloves garlic, peeled, lightly crushed
- 2 shallots, peeled, finely chopped
- 100 ml palm oil
- 1 tbsp brown sugar
- 1 bunch fresh thyme, stripped from stalk
- 1 bunch fresh oregano, stripped from stalk
- 1 tsp sea salt



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METHOD



To prepare the cod.

Mix together cod fillets, lime juice, palm oil, salt and pepper in a bowl. Leave to sit and marinate for about 10-15 minutes. Place a saucepan over medium heat, then place the fillets, skin side down, onto the hot surface. Cook for about 4 minutes per inch thickness, per side. Be careful to watch the fish, removing it from the heat once it begins to flake to avoid overcooking.

To cook grilled asparagus.

Trim the tough ends off the asparagus and toss with palm oil. Sprinkle over the oregano, thyme, sea salt and black pepper. Preheat the oven to 160 o C, then roast for about 10 minutes, until the stems are bright green.

To cook tomato concasse.

Sauté the shallots in palm oil. Add tomatoes and crushed garlic cloves, as well as the stripped thyme leaves and oregano. Season with salt and pepper then cover and simmer for 30 minutes over low heat.

Concasse is ready when all the juice from the tomatoes have evaporated. Allow to cool completely before using. Reserve in a freeze-safe container for later use, if not using immediately.

To serve.

Top each cod fillet with concasse and serve with grilled asparagus and a wedge of lemon, if desired.