

Cod with Curly Kale, Pine Nuts and Raisins

VITACRESS™

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Cooking time: 25 minutes
Serves 2

Ingredients:

2 x 150g cod fillets (alternatively
use haddock, pollock or halibut)
120g baby leaf curly kale
2 tbsp pine nuts
3 tbsp raisins
3 garlic cloves, crushed
400 ml chicken/vegetable stock
3 tbsp olive oil
Salt & pepper
Lemon wedges, for garnish



Method:

Place the pine nuts into a dry frying pan and heat until golden brown. Stir them occasionally while toasting, be vigilant or they will burn quickly. Set to one side.

Brush cod with 1tbsp olive oil and season with salt & pepper. Then heat a further 1tbsp olive oil in a large frying pan over medium heat. Add the cod, skin side up. Cook for 3 minutes on each side, until the flesh is opaque and firm to the touch.

While the cod is cooking heat 1 tbsp of olive oil in a medium saucepan over a medium high heat. Add the garlic and sauté until fragrant. Stir in kale, chicken stock, and seasoning. Cover the saucepan and allow the mixture to simmer for 5 minutes. Remove lid, and stir in raisins and pine nuts.

Serve the cod fillet on a bed of the kale, pine nut and raisin mixture.