

# MEDITERRANEAN HERB AND ALMOND CRUSTED BLACK COD

with Orange Salad

Yield: 10 portions



## Ingredients

ALMOND HERB CRUMBS
1 cup Panko bread crumbs
¼ cup Parsley
¼ cup Dill
¼ cup Almonds, toasted
1 Garlic clove
Salt and ground black pepper, to taste

CODFISH
10 Black cod filets, 3 oz. pieces
Salt and ground black pepper, to taste
3 oz. Hellmann's® Real Mayonnaise
5 oz. Almond herb crumbs

SAUCE
2 oz. Olive oil
½ cup Onions, sliced
¼ cup Yellow peppers, batonnet
½ tsp. Garlic, chopped
¼ cup Celery, bias cut
½ cup Mushrooms, sliced
½ cup White wine
1 cup Diced tomatoes, canned
1 cup Knorr Ultimate® Fish Base, prepared
1 tsp. Knorr® Demi-Glace paste
1 pinch Thyme, fresh
½ cup Chickpeas, cooked
½ cup Stuffed olives
1 Tbsp. Parsley, chopped
1 Tbsp. Basil, chiffonade
½ cup Orange, segmented, for garnish

## Preparation

1. **For the almond herb crumbs:** Place all ingredients in a blender and blend well (crumbs should be bright green in color).
2. **For the sauce:** Sauté onions and peppers in olive oil. Add garlic, celery and mushrooms. Deglaze with wine, add tomatoes, Knorr Ultimate® Fish Base, Knorr® Demi-Glace paste, and thyme, and then simmer.
3. Add chickpeas and olives. Reduce until proper consistency and finish with herbs. Adjust seasoning.
4. **For the codfish:** Season fish filets with salt and pepper, spread or brush even layer of Hellmann's® Real Mayonnaise, and dredge mayo side of fish in crumbs.
5. Cook fish in heavy bottom pan over medium-high heat with olive oil.
6. Plate with sauce on bottom, plate fish, garnish with oranges and fresh herbs.

## Nutritional Information, 1 serving:

Calories 370, Calories from fat 250, Total fat 28g, Saturated fat 4.5g, Trans fat 0g, Cholesterol 45mg, Sodium 340mg, Total Carbs 13g, Dietary fiber 1g, Sugars 2g, Protein 14g, Vitamin A 6%, Vitamin C 25%, Calcium 8%, Iron 10%