

Baked cod with braised chicory, butter roast potatoes and rocket pesto

This dish looks and tastes amazing.

Ingredients

- 4 large heads of chicory
- 2 cloves of garlic – lightly crushed
- ½ lemon
- 1 tbsp of fresh Parmesan – grated
- 12 small potatoes – bar-boiled
- 25g butter
- 100g rocket
- 2 cloves garlic
- 50g pine nuts
- 50ml olive oil
- 25g Parmesan
- 4 fillets of cod
- 1 slug of oil

Method

- 1) Remove the outer leaves from the chicory, cut each head in half & season with salt, pepper and sugar.
- 2) Melt butter in a large roasting tray and fry chicory until golden.
- 3) Add garlic to tray, sprinkle chicory with Parmesan and lemon juice and braise in high oven for 20 minutes
- 4) Add butter to a hot baking tray and, when sizzling, add potatoes, toss to coat season and roast in moderate oven for 20 minutes.
- 5) To make pesto, process rocket, garlic, olive oil and Parmesan together

Assembly

- Pan-fry cod, skin side down until crisp and finish in the oven for 8 minutes or so, depending on the size.
- Place warmed chicory in centre of bowl surrounded by three potatoes.
- Place cod on chicory and dress each potato with rocket pesto

Recommended drinks

Try a light Italian Chardonnay or perhaps a light red like a Bourbeuil from the Loire.