



COD GRILLED IN SKIN

The light lemony aromas combine well with fresh grilled fish.

 Serves 4 people |  Cooking time: 6 minutes

INGREDIENTS

- 4 pieces cod with skin
- 1 Tbsp fish spice mix
- 1 lemon

Wine suggestion:

Sauvignon blanc

PREPARATION

Blot fish dry and sprinkle with spice mix.

Fry 4 pieces cod in skin in a non-stick grilling pan, first approx. 6 minutes on skin side, then another 2 minutes on other side.

Remove fish from pan and grill some lemon slices in same pan.

Serve fish and grilled lemon slices with fresh seasonal vegetables and mashed potatoes.