



Pan Seared Pacific Cod with Cilantro Vinaigrette and Creamed Corn

 Gluten Free

READY IN



47 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce pacific cod fillets
- ☐ 3 ears corn fresh with the back of a knife
- ☐ 2 cups cilantro leaves fresh finely chopped
- ☐ 1 clove garlic grated
- ☐ 2 cloves garlic grated
- ☐ 2 cups heavy cream
- ☐ 4 servings kosher salt and freshly cracked pepper

- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoons olive oil
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons butter unsalted

Equipment

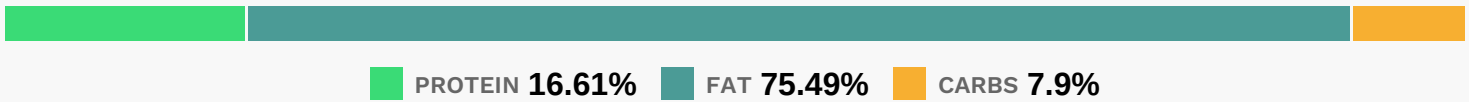
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ For the vinaigrette: In a small bowl, combine cilantro, garlic, lemon zest and juice and season with salt and pepper.
- ☐ Slowly drizzle in the olive oil, whisking to incorporate all the ingredients. Taste for seasoning and adjust with salt and pepper, if necessary, and set aside.
- ☐ Heat the olive oil in a medium nonstick skillet placed over medium-high heat.
- ☐ Sprinkle the cod with salt and pepper. Once the pan is hot, sear the cod for 3 to 4 minutes on the first side.
- ☐ Add the butter to the pan and allow it to melt. Once the butter has melted, flip the cod and finish cooking it on the other side, 3 to 4 minutes more, or until just cooked through.
- ☐ Place a spoonful of Creamed Corn onto a plate. Set a piece of fish over the corn and spoon over the cilantro vinaigrette.
- ☐ In a large saute pan, melt the butter over medium heat.
- ☐ Add the corn kernels and corn milk to the pan, as well as the garlic. Season the corn with salt and pepper and saute for 5 minutes.

- ☐
- Add the cream, bring the mixture to a simmer and cook until it has reduced by half, 5 to 7 minutes. Once the cream has reduced, remove the pan from the heat. Carefully transfer half of the mixture to a food processor or blender and puree until smooth.
- ☐
- Add the pureed portion back to the pan and place over heat to warm through. Season the creamed corn with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:24.227391284445%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 858.69kcal (42.93%), Fat: 73.42g (112.96%), Saturated Fat: 37.35g (233.46%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 15.51g (5.64%), Sugar: 7.86g (8.74%), Cholesterol: 237.71mg (79.24%), Sodium: 527.72mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.67%), Selenium: 60.82µg (86.89%), Vitamin A: 2834.22IU (56.68%), Phosphorus: 485.21mg (48.52%), Vitamin K: 40.23µg (38.32%), Vitamin E: 5.21mg (34.73%), Potassium: 1054.51mg (30.13%), Vitamin B12: 1.76µg (29.37%), Vitamin B6: 0.56mg (28.2%), Vitamin B3: 4.9mg (24.48%), Vitamin D: 3.64µg (24.3%), Vitamin B2: 0.39mg (23.11%), Magnesium: 90.89mg (22.72%), Vitamin B1: 0.27mg (17.94%), Vitamin C: 11.8mg (14.31%), Folate: 50.66µg (12.66%), Calcium: 122.32mg (12.23%), Vitamin B5: 1.13mg (11.27%), Manganese: 0.21mg (10.5%), Zinc: 1.45mg (9.63%), Iron: 1.41mg (7.83%), Fiber: 1.78g (7.12%), Copper: 0.13mg (6.29%)