



Seared Cod with Chive Butter Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter cold
- ☐ 3 tablespoons chives chopped
- ☐ 24 ounce filets
- ☐ 2 eggs for egg wash
- ☐ 1 sprig thyme leaves fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 clove garlic smashed
- ☐ 4 tablespoons grapeseed oil

- ☐ 2 tablespoons heavy cream
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 4 servings panko bread crumbs
- ☐ 4 servings freshly cracked pepper black
- ☐ 1 shallots sliced
- ☐ 2 cups white wine (recommended: Chardonnay)

Equipment

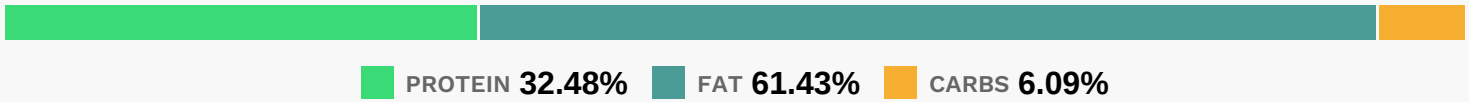
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Place the fillets on a sheet tray or rack so the fish can release its natural juices.
- ☐ Place the bread crumbs into a shallow dish. In a separate shallow dish add 2 beaten eggs. Season both sides of the fillet with salt and pepper. Once seasoned, brush the belly side of the cod with the egg. Dip the egg side into the bread crumbs.
- ☐ In a cast iron skillet add grapeseed oil. Before placing fish into pan, make sure the skillet is very hot. Sear only 1 side of the fish (the side with the bread crumbs). Once 1 side is seared, place the skillet in the oven for about 3 to 4 minutes until cooked.
- ☐ Once the fish is cooked, flip it over and add the lemon juice, butter and sprig of thyme.
- ☐ Let melt and baste the fish with the juice.
- ☐ Pour over the Butter Sauce and serve.
- ☐ In saucepan, add wine, sprigs of thyme, shallot and garlic. Set on back burner to allow the wine to reduce. Once the sauce is reduced to a syrup, strain and add the heavy cream, and lemon juice and bring to a slight simmer.

Whisk in cold butter and once melted add the fresh chives and season with black pepper.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:18.303913028344%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 507.08kcal (25.35%), Fat: 28.56g (43.94%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.89g (2.14%), Sugar: 2.16g (2.4%), Cholesterol: 186.03mg (62.01%), Sodium: 400.94mg (17.43%), Alcohol: 12.36g (100%), Alcohol %: 4.35% (100%), Protein: 33.98g (67.95%), Selenium: 64.08µg (91.54%), Phosphorus: 427.58mg (42.76%), Vitamin E: 5.68mg (37.87%), Vitamin B12: 1.78µg (29.62%), Vitamin B6: 0.57mg (28.31%), Potassium: 873.02mg (24.94%), Vitamin B3: 3.79mg (18.93%), Magnesium: 74.47mg (18.62%), Vitamin B2: 0.26mg (15.33%), Vitamin D: 2.09µg (13.94%), Vitamin A: 694.22IU (13.88%), Manganese: 0.26mg (12.98%), Vitamin B1: 0.17mg (11.04%), Iron: 1.7mg (9.42%), Zinc: 1.31mg (8.72%), Vitamin C: 6.67mg (8.09%), Folate: 30.77µg (7.69%), Vitamin B5: 0.73mg (7.31%), Calcium: 70.56mg (7.06%), Vitamin K: 6.79µg (6.47%), Copper: 0.09mg (4.57%), Fiber: 0.47g (1.9%)