

## ***Cod in a Walnut Butter Sauce with Broccoli Slaw***

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 6-8 minutes

Serves: 4

**CChints:** Cod is a wonderful white fish that is naturally sweet and mild. You can use other white fish like Red Snapper or Mahi Mahi. In this recipe we are dressing it up with the earthiness of walnuts and the flavor of a rich butter sauce.



12 ounce package of shredded broccoli slaw (found in most market's produce section)  
2 teaspoon each of sesame oil, olive oil, apple cider vinegar and brown sugar  
1/2 teaspoon salt  
4 pieces of cod filets, 4 servings  
1-1/2 tablespoon olive oil, divided  
1/2 teaspoon ground cumin  
1/2 teaspoon ground ginger  
1/2 teaspoon salt and a dash of black pepper  
1/3 cup white wine  
1/4 cup butter  
1/2 cup chopped walnuts, divided  
3 tablespoons fresh lemon juice  
2 tablespoons rice wine vinegar

Pour the package of broccoli slaw into a microwaveable container and microwave for 2 minute to soften it. In a small bowl, combine the sesame oil through brown sugar and salt. Stir until the sugar is dissolved. Pour the sauce over the slaw and blend well. Set aside to allow the flavors to blend.

Rinse the fish and pat it dry. Rub each piece with a small amount of the oil. Sprinkle each piece with the cumin through pepper. Heat the remaining oil in a nonstick skillet over medium heat. You'll know when the pan is hot when you drop in 2 drops of water in the pan. When it sizzles it is time to add the fish to the pan, seasoned side down and cook for 3 minutes covered. Reduce the heat slightly and carefully turn the fish over and cook for another 2-4 minutes until it flakes easily. The cooking time all depends on the thickness of the fish. Remove the fish from the pan and cover to keep warm.

Reduce heat to a simmer and slowly pour the wine into the pan. Stir to loosen the brown bits off the bottom of the pan for 1 minute. Add the lemon juice and vinegar for about 30 seconds and remove the pan from the heat. Add the butter, stirring occasionally until it is melted into the sauce. Add the nuts and you are ready to plate your dinner.

To plate this dish, add the rest of the nuts to the broccoli slaw and stir. Spread out portions of the broccoli slaw over each plate. Top with a piece of fish and spoon the walnut sauce over each fish. Sprinkle the remaining nuts over the entire dish and enjoy.