

Mustard Cream Cod with Chimichurri

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10-12 minutes

Serves: 4

CChints: Chimichurri is an Argentinian sauce made of herbs and usually served over grilled meats but we like it on top of this cream sauce. It's also a fun word to say ...makes you smile. This recipe calls for cod but you can substitute another fish like Hailbut, Mahi Mahi or your own favorite. Cod is a sweet white fish and needs to be baked or fried because when it is done it flakes a lot and would fall apart on a grill.



Fish:

4- 6 to 8 ounce filets of Cod, skin removed
1/2 teaspoon salt
Dash of fresh black pepper
1/2 cup plain Greek yogurt
1/2 cup reduced fat mayonnaise
3 Tablespoons Dijon mustard
3 tablespoons diced sweet yellow onions
2 teaspoons rinsed, drained and chopped capers

Chimichurri:

2 tablespoons chopped fresh cilantro
1 tablespoon fresh chopped basil
1 tablespoon fresh chopped oregano
1 tablespoon diced yellow onion
1 Tablespoon good olive oil
1-1/2 tablespoons lemon juice
1 teaspoon lemon zest
1/4 teaspoon salt & dash of pepper

Preheat oven to 400 degree F and locate an 9x13 baking dish. Line the pan with a silicone baking mat or foil sprayed with cooking spray.

Chimichurri:

Combine all the ingredients in a mixing bowl and set aside so the flavors can blend. When you are zesting the lemon, only zest the yellow outer part because the next layer of white can be bitter.

Fish:

Rinse the fish, pat them dry and lay them in the baking dish. Sprinkle with salt and pepper. In a mixing bowl, combine the yogurt through capers. Spoon the sauce over the fish making sure that every part is covered. The amount of time you need to bake the fish will depend on how thick it is. Bake for 10 and check to see if it flakes in the thickest part of one piece. If it does, then it is ready but if not, put it back in the oven for another 3 minutes and test it again.

Remove from the oven and carefully transfer a piece of fish to each plate. Be sure to spoon any excess sauce into a small bowl for anyone who would like a little more. Give the chimichurri a stir and put a spoonful on top of each piece of fish and enjoy.