



Herb Crusted Lingcod fillets



Ingredients:

- 4 portions of ling cod approx. 120-140g
- 2 tablespoons olive oil
- Salt and freshly ground black pepper to taste
- 1 tablespoon each (dried): oregano, basil, thyme, and rosemary
- 1 small yellow or brown onion, sliced
- 4 tablespoons butter melted





HERB CRUSTED LINGCOD FILLETS

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DIRCTIONS :

- 01** Preheat the oven to 400° and pat cod filets with a paper towel until dry. Season all over with salt and pepperod with olive oil.
- 02** Mix and crumble herbs then place each fillet in mixture lightly coating each side. Season the fillets with salt and fresh ground pepper.
- 03** Melt butter in a Pyrex cup, and drizzle the melted butter evenly over the herbed portions. Place in a baking dish, with onions surrounding the fillets for essence.
- 04** Add the Lingcod to the oven and cook for 20 minutes.
- 05** Remove Lingcod and let cool 3 min. Plate Lingcod with wilted onions over the fillets. Serve with Tartar Sauce and Fresh Lemon wedges.