

PARMESAN COD

with salt & vinegar cucumber

from Life Kitchen

Ingredients (serves 2)

75g parmesan, grated
1 tsp smoked paprika
A few sprigs of thyme leaves picked
A pinch of salt
A pinch of black pepper
2 small cod loins (about 140g each)
1 egg, lightly beaten
Good quality olive oil, to serve

For the salt & vinegar cucumber

1/2 cucumber, sliced into ribbons
A pinch of salt
75ml malt vinegar

Method

Heat the oven to 180°C. Line a baking tray with baking paper.

Using a Y-shaped peeler, run it along the length of the cucumber to create ribbons.

Place the cucumber ribbons in a bowl and sprinkle liberally with the salt, making sure all of the cucumber is salted – don't worry, you're going to wash off most of the salt later. Set aside.

In a bowl mix the parmesan, paprika and thyme leaves with the pinches of salt and pepper.

One by one, place the cod loins into the beaten eggs and coat well. Then roll in the parmesan mixture until coated and place on the lined baking tray.

Bake for about 8-10 minutes, until the cod gently flakes when pushed with the back of a teaspoon. If you like, give the loins a final minute under a hot grill to get the parmesan coating really crispy.

While the cod is in the oven, transfer the cucumber to a sieve and wash off the excess salt under running water. Place the ribbons in a bowl with the malt vinegar and give them a good mix. Leave to lightly pickle until the cod is cooked.

Serve each cod loin with a generous portion of the salt and vinegar cucumber and drizzled with good-quality olive oil.

Enjoy!