



ALMOND-STUFFED COD WITH ROASTED POTATOES

INGREDIENTS ALMOND STUFFING

- 2 cloves garlic, minced
- ½ small red onion, finely diced
- 3 tbsp olive oil
- 300g whole wheat bread, diced in 12cm pieces
- 2 tbsp chives, chopped
- ½ tsp cracked pepper
- 3 tbsp dried tarragon (or dill or basil)
- 60g butter, melted
- 30–50ml warm water
- 60g almonds, chopped and toasted

INGREDIENTS FISH

- 4 cod fillets
- 8–10 strips of bacon (optional)
- Salt and lemon to garnish

INGREDIENTS ROASTED POTATOES

- 680g baby potatoes, halved
- 1 tsp onion powder
- 1 tsp garlic powder
- 3–4 pinches salt
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 250ml cold water

PREPARATION METHOD ALMOND STUFFING

1. Sauté the garlic and onion in olive oil until softened, but not browned, then remove them from the heat and toss together with the remaining stuffing ingredients.

PREPARATION COD

1. Rinse the cod fillets under cold water and pat dry with kitchen paper.
2. Spread the stuffing evenly across each cod fillet, leaving a 2 cm gap at the bottom edge.
3. Roll the fillets up and secure with a toothpick, if necessary. Optional: Lay out pieces of bacon and roll them tightly around the cod.
4. Place the rolled fillets in the 12-inch iCook non-stick frying pan and lid, fish-side down. Leave 1–2 cm of room between the fillets for good air circulation.
5. Cook the stuffed cod on one side for 8–12 minutes, then roll it over and cook for a further 8–12 minutes.

PREPARATION POTATOES

1. Place the potatoes into the iCook 4-litre stock pot steamer, cover with 250ml of cold water and cook for 15 minutes. Drain and set them aside.
2. Heat the 10-inch iCook non-stick frying pan on medium heat and put the butter and olive oil inside. Once melted add the baby potatoes and stir.
3. Sprinkle garlic powder and onion powder over the potatoes, gently mix and then fry on medium heat until the powder darkens and hardens.
4. Season with salt and pepper, to taste, and allow to cool for 15 minutes before serving.