

## GARLIC BUTTER COD WITH LEMON ASPARAGUS SKILLET

1 lb. medium cod fillet (or halibut fillet) cut into 4 pieces  
2 bunches of asparagus, rinsed and trimmed  
1 tsp. olive oil  
2 tsp. minced garlic  
½ cup vegetable broth or white wine  
½ stick unsalted butter  
1 tbsp. hot sauce (such as sriracha)  
Juice of ½ lemon  
1 tbsp. minced parsley  
Crushed red pepper flakes

1. Season cod with salt and pepper. Let sit while you prepare the asparagus.
2. Wash and trim the ends of the asparagus. Line up the asparagus in a microwave safe container, add a tablespoon of water. Cover the container with a plate or a lid. Microwave on high for 3 minutes. This way they will cook faster and more evenly in the skillet. If you have thin asparagus you can skip this step.
3. Heat olive oil in a large stainless steel or cast iron skillet over medium low heat. Gently cook fish on both sides until golden brown. Remove the cod fillets from the skillet and set aside to a plate.
4. In the same skillet over medium heat, add minced garlic then deglaze with vegetable broth (or wine). Bring to a simmer. Add butter, lemon juice, hot sauce, and parsley. Give a quick stir to combine the lemon garlic butter sauce.
5. Add the drained blanched asparagus and toss for 2 minutes to cook. Add cod back to the pan and reheat for another minute. Garnish with parsley a pinch of red pepper flakes and lemon slices and serve immediately.

Serves 4

RECIPE COURTESY OF:

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