

## **BLACK COD & SHALLOT BUTTER**

**Time: 30 minutes**

**Serves: 2**

### **Ingredients:**

6 ounces oyster mushrooms – sliced  
12 ounces asparagus – cut into 1" pieces  
1 teaspoon extra-virgin olive oil  
2 4-ounce black cod portions  
¼ teaspoon salt  
¼ teaspoon fresh ground black pepper  
2 shallots – sliced  
2 tablespoons salted butter  
2 teaspoons fresh lemon juice

### **Preparation:**

Preheat the oven to 375F.

Place the mushrooms and asparagus in a casserole dish and bake covered for fifteen minutes.

Put a frying pan on medium high heat and add the oil. Season both sides of the fish with the salt and pepper. When the oil is hot, place the cod in the pan skin-side down for two minutes.

Remove the fish from the pan and add it to the casserole dish. Bake covered for five minutes.

While the fish is baking, heat the butter in a small pot over medium heat. Once it's melted, add the shallots and cook, stirring occasionally for five minutes. Remove the pot from heat and stir in the lemon juice.

Plate the fish on the mushrooms and asparagus, topped with the shallot butter.

### **Nutritional Information Per Serving:**

Calories: 247  
Fat: 13g  
Carbs: 10g  
Fibre: 4g  
Protein: 27g