

# PRAIRIE PIL PIL

**Time: 30 minutes**

**Serves: 6**

## **Ingredients:**

400g boneless salt cod filet - cut in six  
160ml olive oil  
2 cloves garlic - finely chopped  
1g dried Newfoundland savoury  
1 red Thai chili - seeded and thinly sliced  
5ml lemon juice

## **Preparation:**

Soak the cod in a large bowl of water in the refrigerator for at least 48 hours, changing the water a minimum of four times. Drain the cod and dry it with paper towels. Set aside.

Place a pan or pot (just large enough to hold the cod in a single layer, but don't add the cod yet) on medium heat.

Add the oil, garlic, savoury and chili, stirring for thirty seconds.

Turn burner to medium-low and add the cod. Set heat to maintain gentle bubbling around the cod. Cook for seven minutes.

Carefully turn the cod over and cook for another seven minutes while spooning the oil over the cod often.

Remove from heat and plate the cod.

Whisk the lemon juice into the oil to form a sauce. Top the cod with the sauce and serve immediately.

## **Nutritional Information Per Serving:**

Calories: 409  
Fat: 26g  
Carbs: 0g  
Fibre: 0g  
Protein: 42g