

Cod with Pasta, Asparagus and Lemon Beurre Blanc

Ingredients:

- Cod
- Lemon
- Tarragon
- Pasta
- Shallot
- Butter
- Asparagus
- Cream or Crème Fraiche

Method:

- sprinkle cod (or other white fish) with grated lemon zest, chopped tarragon, salt and pepper
- parboil asparagus in salted water (could perhaps substitute broccoli or other veg)
- cook pasta in salted water (could perhaps substitute rice or boiled sliced potato)
- fry fish on one side in butter and chopped shallot, partly covered
- prepare lemon beurre blanc
- serve fish over pasta and asparagus drizzled with sauce

Lemon beurre blanc

- bring juice from 1 lemon, some minced shallot, butter, salt and pepper to a boil
- reduce to thicken consistency
- "mount" with cubes of cold butter (can also add a bit of cream or crème fraiche to prevent breaking) over low heat