

# LEMON PARSLEY SEARED COD WITH HERBED QUINOA



**Gordon**<sup>®</sup>  
FOOD SERVICE STORE

## Ingredients *Yield: 4 servings*

### Cod Loins

Reorder No.	Description	Amount
677558	Lemon, juiced	1
299405	GFS® Unsalted Butter	3 Tbsp.
227528	GFS All Purpose H&R Flour	¼ cup.
424307	Kosher Salt	½ Tsp.
184750	Grape Tomatoes	1 cup
430196	Trade East® Crushed Red Pepper	1 Tsp.
644650	Garlic, minced	2 Tsp.
860430	Trade East Smoked Ground Paprika	¼ Tsp.
514098	Trade East Lemon Pepper Seasoning	¼ Tsp
284983	Cod Loins	4 fillets
673662	Fresh Parsley, minced	2 Tbsp.
677558	Grated Lemon Peel	2 Tsp.
758521	Primo Gusto® Extra Virgin Olive Oil	4 Tbsp.

### Herbed Quinoa

261564	Hearthstone® Chicken Broth	3 cups
508600	Gordon Choice™ White Quinoa, dry	1 ½ cups
758521	Primo Gusto Extra Virgin Olive Oil	¼ cup
677558	Lemon, juiced	¼ cup
679111	Fresh Basil, chopped	¾ cup
673662	Fresh Parsley, chopped	¼ cup
714810	Fresh Thyme, chopped	1 Tbsp..
677558	Lemon, zested	2 Tsp.

## Preparation Instructions

*Wash hands.*

Heat 2 tablespoons oil in a heavy-bottomed skillet over medium-high heat.

Add crushed red pepper flakes and garlic and saute for 1 minute. Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, Transfer the cherries into a bowl and set aside.

In a shallow bowl, mix lemon juice and butter. In a separate shallow bowl, mix flour and seasonings. Dip fillets in lemon juice mixture, then in flour mixture to coat both sides; shake off excess.

Heat the remaining 2 tablespoons of butter in the skillet. Fry cods in hot oil until golden, 2 to 4 minutes per side. Transfer to a paper-towel-lined plate to drain.

For the quinoa: In a saucepan, add the chicken stock, lemon juice and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until liquid is absorbed.

In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.

Pour the dressing over the quinoa and toss until all the ingredients are coated. Transfer the quinoa to a bowl. Serve with seared cod.