

**GRILLED ATLANTIC COD,
ROAST GREEN
HARISSA ROMANESCO
&
HERITAGE TOMATOES**

SERVES 2

INGREDIENTS:

2 X 200G Cod Fillets
1 x Whole Romanesco/Whole Broccoli
1 tsp Baharat
1 tsp Za'atar
1 tsp Ras el Hanout
Extra Virgin Olive Oil
500g Mixed Heritage Tomatoes
1 tbsp Green Harissa
1 Bulb of Garlic
1 Lemon
Sea Salt & Black Pepper

PREP TIME : 10 MINS

COOKING TIME : 45 MINS

METHOD:

In a pan of boiling water, boil the whole head of romanesco or broccoli for 2 mins. Remove the romanesco from the pan and put in a roasting tray.

Mix the Baharat, Ras El Hanout & Za'atar with 2 tbsp of olive oil until you have a smooth paste with a large pinch of sea salt and black pepper. Drizzle the spice paste on the romanesco, quarter and deseed the lemon and pull apart the garlic bulb, bashing and bruising the cloves, then place in the roasting tray. Roast in a hot oven (180 Degrees) for 45 minutes.

Slice the heritage tomatoes and lay on the plate as a bed for the fish seasoned with olive oil, salt and pepper and a splash of red or white wine vinegar. In a bowl mix the green harissa, large pinch of sea salt and black pepper, olive oil and when cooked, the pulp from the roasted lemons, mix into a dressing, loosening with a little more oil if needed.

Bring a non stick frying pan to a roaring hot heat on the hob. Oil the skin of the fish and season. When the pan is as hot as possible, add the cod skin side down to the pan and cook for 3/4 minutes. Don't be tempted to turn the fish over or touch it, this method will make for perfectly crisp skin and wonderfully soft flesh. After 3/4 minutes, turn the fish over in the pan and put the whole pan in the hot oven for a further 90 seconds.

To serve, plate the whole romanesco or broccoli, drizzle with the green harissa and either serve whole to the table or cut some florets and garnish the plate.

Remove the cod from the oven and allow to stand for 1 minute. Serve the cod on the tomatoes and enjoy!

