



# Cod Fillet

Chose a good size fillet 60ml creamy lemon sauce (only on grilled)



Large Pan

Contains Gluten - Dairy - Egg

## INGREDIENTS

- 250g Cod
- 200g Side
- Grilled:
- 15g OB Dry Mix
- 20ml Rapeseed Oil
- Fried
- 15g OB Dry Mix
- 70g OB Batter Mix
- 70ml Rapeseed Oil
- Cajun
- 15g OB Dry mix
- 20ml Rapeseed Oil
- 5g Cajun Spice

## METHOD

- 1 Grilled:
- 2 Dust the cod with OB dry mix. Shake off any excess.
- 3 Grill the cod on the hot flat top.
- 4 Grill until the fish is firm and turns white.
- 5 Grill for 3 minutes on both sides. Fried
- 6 Dust the cod with OB dry mix. Shake off any excess.
- 7 Dip the cod into the prepared OB Batter mix. Allow excess to drain off.
- 8 Fry the cod in the deep fryer and fry for approx 4 minutes.
- 9 Drain off excess oil. Cajun
- 10 Dust the cod with OB dry mix and season with Cajun spice.
- 11 Grill the cod on the hot flat top. Grill until the fish turns firm and white
- 12 Grill for 3 minutes on both sides.

## GARNISH

- 1 lemon wedge

## EQUIPMENT

-  Flat top grill
-  Spatula
-  Deep Fryer

## NOTES

- Chose a good size fillet
- 60ml creamy lemon sauce
- (only on grilled)