

Pan-Seared Alaska Cod with Lemon-Parsley Orzo



Preparation Time: 5 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

1 1/3 cups orzo

1/4 cup finely chopped parsley, plus more for garnish

1 tablespoon freshly squeezed lemon juice

1 teaspoon lemon zest

2 tablespoons plus 2 teaspoons olive oil

1 1/4 teaspoons salt

4 (4-6 ounce) frozen Alaska cod fillets

Sliced lemons, for squeezing over fish and serving

1 pint cherry tomatoes (about 10 ounces)

Description:

1. Cook the orzo according to the package directions. When it's done, drain and put in a large bowl. Mix in the parsley, lemon juice and zest, 1 teaspoon of olive oil, and 1/2 teaspoon of salt (or more to taste). Set aside.

2. Run the frozen Alaska cod fillets under cold water to remove any ice glaze and pat dry with a paper towel. Brush both sides with oil and heat a large heavy-bottomed/nonstick pan over medium-high heat. Add frozen cod and cook, uncovered, about 3 to 4 minutes, until lightly browned on the bottom. Flip the cod, sprinkle with 3/4 teaspoon salt, then cover pan and reduce heat to medium. Cook for another 5 to 6 minutes, depending on thickness and doneness. Cod should be opaque and flake easily with a fork. Remove from the heat, drizzle with a teaspoon or so of olive oil and a squirt of lemon and set aside.

3. Carefully wipe out the skillet. Add remaining 1 tablespoon olive oil and heat over high heat until quite hot. Add the tomatoes and cook, shaking the pan occasionally, until blistered, about 2 to 3 minutes.

4. Serve the cod with the lemon-parsley orzo, blistered tomatoes, and lemon wedges and garnish with parsley.