Pan Fried Cod with Pea & Panchetta Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

To serve 2

- 2 Cod fillets
- 50g Panchetta
- Shallot (or a small onion)
- Clove of garlic

- 2 tsp Dijon mustard
- 100ml Double Cream
- 150g Frozen Peas
- 50ml Reduced Chicken Stock (I use a single stock cube with 50ml of boiling water)
- Sweet potato

Instructions

1. Dice the panchetta and sauté in a little olive oil in a small saucepan.
2. Finely chop the shallot, and crush the garlic
3. Once the panchetta has browned and is nice and crispy, add the shallot and garlic - allow to soften, but not to brown.

4. Add the mustard, stock,cream, and peas and bring to a gentle simmer, stirring occasionally.
5. Chip some sweet potatoes and fry in a little oil - I find they work better shallow fried.

6. Oil the fish and add to a hot frying pan - if your fillets still have the skin, start skin side down.
7. Brown the fish on both sides

To serve, place the cod fillet on the plate, spoon the sauce over the cod, and add your sweet potato chips on the side.