



## Crispy Cod with Charred Snow Peas & Creamy Herb Sauce

PAIRS WONDERFULLY WITH A BOTTLE OF OUR GRENACHE

ACTIVE: 20 min TOTAL: 20 min

The key to golden fish that's not deep-fried?

Pat it dry and dredge it with a bit of flour before sauteing in a hot pan.



3 tablespoons minced fresh herbs, such as chives, mint, basil and/or dill  
2 tablespoons buttermilk  
2 tablespoons mayonnaise  
Pinch of salt plus  $\frac{1}{2}$  teaspoon, divided  
 $\frac{1}{2}$  teaspoon ground pepper, divided  
 $1\frac{3}{4}$  pounds cod, cut into 4 pieces  
2 tablespoons white whole-wheat flour  
2 tablespoons grapeseed oil; divided  
1 pound snow peas, trimmed

1. Whisk herbs, buttermilk, mayonnaise, pinch of salt and  $\frac{1}{4}$  teaspoon pepper in a small bowl. Set aside.
2. Pat fish dry with paper towels and sprinkle with the remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Toss with flour in a medium bowl.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook, turning occasionally, until lightly browned on all sides and cooked through, about 4 minutes. Transfer to a plate.
4. Add the remaining 1 tablespoon oil and snow peas to the pan. Cook until lightly charred on one side, about 1 minute. Stir and continue cooking until bright green and tender, about 1 minute more.
5. Serve the fish and snow peas with the reserved sauce.