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on TV

**SAINSBURY'S**

Recipe for

*Pepper Crusted Fish  
in a warm Lime and  
Coriander Vinaigrette*



**Sainsbury's.**  
**Everyone's favourite  
ingredient.**

## Simply take ...

1 heaped tablespoon whole mixed peppercorns (coarsely crushed)

1 heaped tablespoon plain flour, seasoned with a little salt

2 x 200g (7oz) portions of fresh cod fillets

1 tablespoon olive oil

for the vinaigrette:

1 clove garlic, peeled

2 level teaspoons coarse ground mustard

grated rind and juice of 2 limes

4 tablespoons olive oil

salt and freshly ground black pepper

fresh coriander leaves, chopped

1. Mix together the crushed peppercorns and seasoned flour.

2. Remove the skin from the fish. Wipe with kitchen paper then coat with the peppercorn mixture, pressing well on both sides. Set aside while preparing the vinaigrette.

3. Crush the garlic into a bowl and stir in the mustard, lime rind and juice, 4 tablespoons of olive oil, seasoning and coriander.

4. Heat a tablespoon of olive oil in a large frying pan. When hot, add the fish and fry for 3 minutes on each side, until crisp and golden.

5. Keeping the heat high, pour the vinaigrette around the fish and maintain heat to reduce. Serve with new potatoes and green beans.

Cooking Time: 8 minutes

Serves: 2



### There are lots of delicious alternative ingredients for this recipe:

- Any fresh or frozen white fish fillet such as haddock, coley, whiting or hoki can be used instead of cod.
- Use garlic granules instead of fresh.
- As an alternative to olive oil, try light olive oil.
- Serve with a mixed salad and crusty bread.
- French Dijon mustard can be used in place of coarse ground.
- Try using the grated rind and juice of a small lemon or orange instead of lime.
- Use any favourite herb such as tarragon, parsley or chives instead of coriander.

Wine suggestion:  Sainsbury's Alsace Pinot Blanc 75cl.

All products subject to availability. Some products available in larger stores only.

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