BASCO
GOURMET SPAIN TO YOUR DOOR

Pan Fried Cod with Green Asparagus and Sobrasada Sausage



PREP TIME
5 MINS

COOK TIME
12 MINS

TOTAL TIME
17 MINS

SERVES 2 PEOPLE

EASY

Ingredients

2 pieces of 200g fresh cod loin, skin on
100g sobrasada sausage, skin removed and cut into pieces
12 fresh green asparagus, woody ends trimmed off
3 tbsp of olive oil
1 tbsp unsalted butter
Salt and pepper

Method

Heat a medium sized frying pan, add 1 tablespoon of the oil and fry the pieces of sobrasada sausage. Use a fork to break the sobrasada sausage into a mince and fry for 3 minutes until crispy, set aside.

To prepare the green asparagus, cook them in salted boiling water for 2 minutes, drain and cool down under cold running water. Pat dry them in some kitchen paper and cook in a hot frying pan with 1 tablespoon of olive oil for 2 minutes on each side. Season with salt and pepper and keep warm.

In a non-stick frying pan, heat the remaining oil until hot and smoky, season the cod with salt and place it in the pan skin-side down. Cook for 2–3 minutes until the skin is nicely golden and crisp. Carefully turn the cod over and cook for a further 2–3 minutes, depending on the thickness of the loin. Add the butter during the last minute of cooking and once melted, baste the cod with the help of a spoon. The fish is cooked when the flesh becomes opaque.

To serve the dish, spread the sobrasada sausage on a warm plate, spoon the fried asparagus on the sausage and top with a piece of fried cod loin, drizzle with some extra virgin olive oil and serve.