

Pan Seared Cod



Pan-seared cod with a garlic scape arugula pesto, lemon parsley rice and sautéed vegetables.

Heating Instructions:

Remove fish from the fridge 30 min before placing it in a 425° oven for 10 - 12 min.

Sauté vegetable in a pan on the stove top.

Rice can be heated in the microwave.

* all times are approximate, as all ovens are slightly different. Convection mode is recommended.