

# BUTTER POACHED COD WITH WALNUT PESTO

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## SERVINGS

4

## INGREDIENTS

4 oz portions fresh cod  
1 t. sea salt  
1 t. fresh cracked pepper  
1 T. butter  
1 t. lemon juice  
2 t. garlic  
¼ c. walnuts  
¼ c. parmesan cheese  
½ c. olive oil  
2 oz. fresh parsley  
¼ t. salt  
¼ t. pepper

## INSTRUCTIONS

1. Season cod with salt and pepper
2. Melt butter in a sauté pan
3. Add fish. Lightly poach and baste continuously cooking gently until cod is fully cooked and flakey. Garnish with lemon juice.
4. Combine remaining ingredients and blend in a food processor or blender. Serve over fish.