



# ROASTED WILD COD WITH SWEET POTATOES, MUSHROOMS AND SPINACH, CUMIN, CILANTRO AND GINGER

Serves 6-8

## For the Sweet Potatoes

4 Tbsp	Olive Oil
½ cup	Red Onion, coarsely chopped
4 Tbsp	Fresh Ginger, peeled and grated
2 tsp	Cumin Seeds, toasted and ground
1 ½ lb	Sweet potatoes, peeled and cut in bite size cubes (1/2 inch)
1 tsp	Paprika
2-3 cups	Mushrooms of choice, quartered or sliced thick (1/4 inch)
4 cups	Fresh Spinach
1 each	Zest of 1 Meyer lemon
1 each	Lemon, juiced
1 bu	Parsley, finely chopped
1 bu	Cilantro, finely chopped
To taste	Salt & Pepper

## Equipment

- Chef's knife
- Large sauté pan with a lid
- Sheet tray

1. In a large sauté pan, cook the onion in 3 tbsp of olive oil on medium heat for about 3 minutes stirring frequently, add the ginger and the cumin and cook for another 2 minutes or until fragrant.
2. Add in the sweet potato along with paprika and the remaining oil. Add enough water to coat the bottom of the pan. Season with salt and pepper.
3. Cover and cook gently for 7-8 more minutes or until the potato is getting tender but not falling apart and the liquid has reduced.
4. Add the mushrooms and cook for another 2-3 minutes.
5. Add the spinach, lemon zest and lemon juice. Sprinkle the parsley and cilantro on top to serve.

## For the Cod

2-2 ½ lbs	Cod Filet, cut into 6 equal portions
2-3 Tbsp	Vegetable Oil
To taste	Salt & Pepper

1. Preheat the oven to 375°F.
2. Season the cod with salt & pepper. Line sheet tray with parchment paper. Place the fish on the parchment and drizzle with oil and add herbs, salt and pepper. Place the sheet tray into the oven for 5-7 minutes until fish flakes with a fork.
3. Serve with the sweet potatoes.