



Lemon Fish with Puree of Sweet Peas

The combination of lemon flavored fish with the sweet peas in this recipe is a great way to enjoy a Healthiest Way of Eating meal in just 25 minutes. The peas are a not only a great alternative to rice but add extra health-promoting nutrients and flavor as well. Enjoy!

Prep and Cook Time: 25 minutes

Ingredients:

- 1-1/2lb cod filets (thick cut)
- 3 TBS finely [minced lemon rind](#)
- 4 TBS fresh lemon juice
- 3 TBS [chopped fresh parsley](#)
- 1/4 tsp salt
- pinch cayenne

Pureed Peas

- 1 medium [onion, coarsely chopped](#)
- 4 medium cloves [garlic, coarsely chopped](#)
- 1 TBS + 3 TBS chicken or vegetable [broth](#)
- 15 oz frozen sweet peas
- 4 TBS sunflower seeds
- salt and white pepper to taste

Directions:

1. Preheat oven to 400F (200C).
2. Chop garlic and let sit for 5 minutes to [enhance its health-promoting qualities](#).
3. Mix together minced lemon rind, lemon juice, chopped parsley, salt, and cayenne.
4. Rub cod filets generously with mixture and place in baking dish. Place fish in oven and bake for about 10-15 minutes.
5. While fish is baking, heat 1 TBS broth in a 10 inch stainless steel skillet. [Healthy Sauté](#) onion in broth over medium heat for about 4 minutes, stirring frequently, until translucent. Add garlic and continue to sauté for another minute. Add 3 TBS broth, peas, sunflower seeds, salt and pepper, and heat for about 3 minutes.
6. [Puree](#) pea mixture in blender, scraping the sides with a rubber spatula from time to time to mix well.
7. Serve cod with peas. If there is a little juice in the pan, you can drizzle it over the fish and peas. **Serves 4 Serving suggestions:** Serve with
 - [Tomato Dandelion Salad](#)

Healthy Cooking Tips:

Choose cod filets that are cut as thick as possible for best results. Thin cuts have a tendency

to just fall apart. Make sure your lemon rind is finely minced for the best results in flavor. Big pieces of lemon rind will be too strong tasting and coat the fish less evenly. Pureed peas are so good, you may want to double the recipe. If you do, blend them in at least 2 batches. Be patient with blending them; it is worth it to stop the blender 2-3 times to scrape the sides with a rubber spatula. This will grind the sunflower seeds well and make them smooth. If you choose to do this you should cook and blend the peas before baking the fish, as doubling the peas will take longer. That way the fish is ready to serve fresh out of the oven. The peas can simply be put back into the skillet you sautéed them in and reheated.

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