



35min



SERVES 2

# What's for Dinner?

## PAN-SEARED COD

WITH WILTED KALE AND MUSHROOM MEDLEY

### Ingredients

- 1 package cod
- 3 tablespoons olive oil (divide in half)
- 1 package of Portobello, Shiitake and King Trumpet mushrooms, caps thinly sliced, and Trumpet stem cut like matchsticks. Omit Shiitake stems, they're too tough.
- 4 stems green curly kale, stemmed and chopped
- 1 med leek, cleaned and thinly sliced, white part only \*\*Heidi's Hints
- ¼ tsp dried red Chile flakes (optional)
- 1 cup vegetable stock (made from vegetable base)
- 2 tablespoons butter
- 1 lemon, ½ juiced and ½ wedged
- Fresh cilantro for garnish
- Salt & pepper to taste

### Directions

- 1 Heat olive oil in a large skillet over medium-high heat until barely starting to smoke. Add the mushrooms and leeks, season with salt, pepper, and chili flakes (optional) and cook, stirring occasionally, until browned, about 5 mins. Transfer the mushrooms and leeks onto a warm plate and set aside.
- 2 Season the fish with salt and pepper. Wipe out skillet, add the remaining olive oil, and return to medium-high heat until the oil is shimmering. Add fish and cook until well browned, about 3 mins. Very carefully flip the fish and cook on second side until just cooked through, about 2 minutes longer. Transfer to the plate with mushrooms.
- 3 In the same skillet, add 1 cup water, vegetable base, chopped kale and cook over high heat until it reduces by half, about 2 minutes. Remove from heat, stir in butter and lemon juice. Salt and pepper to taste. Pour the reduction over the fish, mushrooms and leeks. Garnished with fresh cilantro and a lemon wedge. Enjoy!

### Heidi's Hints

SAVE THE SHIITAKE STEMS, GREENS FROM THE LEEKS AND STEMS FROM THE KALE AND MAKE A VEGETABLE STOCK FOR LATER. POUR STOCK INTO ICE TRAYS AND FREEZE!

BE SURE TO READ THE RECIPE BEFORE YOU BEGIN!  
IT INCLUDES IMPORTANT PREPARATION INSTRUCTIONS.