



TERIYAKI-STYLE COD

Prep: 15mins – Serves 2 – Quick & Easy

4 tsp olive oil
1 garlic clove, crushed
2 tsp fresh ginger, chopped
½ tsp red chili, chopped
6 tbsp soy sauce
2 tbsp honey
250g cod fillet
2 tsp black sesame seeds
2 spring onions, chopped
salt and pepper

1. Heat 2 tsp olive oil in a small saucepan and fry the garlic, ginger and chili for 2 minutes. Add the soy sauce and honey and leave to boil for 5 minutes until the sauce starts to thicken.
2. Meanwhile, heat the remaining 2 tsp olive oil in a frying pan. Cut the cod fillet in half and season with salt and pepper. Fry in the preheated oil for 2 minutes, then flip the fillets and cook for another 2 minutes on the other side. Put a fish fillet onto each plate and drizzle with teriyaki sauce, then sprinkle with sesame seeds and spring onions.
3. Serve with broccoli and rice.

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