

COD LOINS



ITEM #86812 - PACK SIZE - 20 PCS X 113 GR (4 OZ)
4.98 LB BOX | VAC PACKED IN 2's | \$65.00

PREPARATION METHODS AND SERVING SUGGESTIONS

PREPARATION

- Defrost Cod portions in original plastic packaging overnight in the refrigerator, or under cold running water for approximately one hour.
- Remove thawed cod portions from packaging and gently pat dry using clean paper towels.
- Season fish with salt and pepper or preferred seasoning and lightly oil prior to cooking.

STOVE TOP – FRY PAN/SKILLET

- Pre-heat non-stick pan over medium-high heat
- Add a small amount of oil to the pan to lightly coat
- Carefully place cod into pan and cook 5-6 minutes per side (10-12 minutes total) until the fish is lightly brown and reaches a minimum internal temperature of 158F

AIR FRYER

- Pre-heat air fryer to 400F
- Place seasoned and oiled fish into air fryer and cook for 10-12 Minutes until the fish is lightly browned and reaches a minimum internal temperature of 158F

OVEN

- Pre-heat oven to 400F
- Place seasoned and oiled fish on a parchment paper lined baking sheet
- Bake fish for 12-15 minutes until lightly browned and reaches a minimum internal temperature of 158F

SIDE DISHES SUGGESTIONS

Boiled Potatoes with Butter & Chives
Grilled Asparagus
Cucumber, Tomato and Feta Salad
Mushroom Risotto



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