




## Blue Cod with Strawberry Cilantro Salsa

1 1/2 cups LOCAL strawberries, finely chopped  
2 Tbsp fresh cilantro, finely chopped  
1 1/2 Tbsp fresh lime juice  
2 tsp finely chopped shallot  
2 Tbsp olive oil  
1 Tbsp rice wine vinegar  
salt and pepper to taste, divided  
4 x 150g frozen cod filets  
Worcestershire sauce  
lemon juice  
flour  
oil for frying



In large stainless steel bowl, combine strawberries, shallots, cilantro, lime juice, vinegar, olive oil, salt and pepper. Set aside.

Season cod fillet with salt and pepper, a few drops of Worcestershire sauce and lemon juice

Coat cod with flour and pan fry with a generous amount of oil for about 2-3 min. on each side.

Serve topped with strawberry mixture.

Yield: 4 servings

