Main dishes / Belgium

cod fillet with cauliflower and potatoes · Belgium

Gently cooked fish, potatoes and cauliflower make a practical Belgium-inspired dinner.

Time 40 min **Servings** 4

What you'll need.

- ☐ 600 g boneless cod fillet
- ☐ 700 g peeled potatoes
- ☐ 500 g cauliflower
- ☐ 30 ml neutral cooking oil
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Cut the potatoes into even pieces and boil for about twenty minutes until completely tender.

02 Clean and chop the cauliflower, then boil or steam for 10 minutes until cooked.

03 Heat the oil in a frying pan. Pat the fish dry and place it carefully in the pan.

04 Cook the boneless cod fillet in a separate pan to at least 63°C at the centre; the fish should flake easily.

05 Plate the fish, potatoes and vegetables. Loosen the listed flavourings with warm cooking water and spoon over.

AI-developed, not kitchen-tested.

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