

PESTO SEARED COD WITH LINGUICA & WHITE BEANS



Ingredients

1 lb cod filet, skin removed, patted dry and lightly salt and peppered
1/2 lb ground linguica
3 garlic cloves, crushed
1/2 sweet onion, finely diced
2 TBS extra-virgin olive oil
2 C chopped lacinato kale, stems removed
1 C chicken broth, low sodium
1 can cannellini beans, drained and rinsed
salt and pepper to taste

Basil Pesto:

2 C fresh basil leaves, stems removed
1/4 C pine nuts
2 large garlic cloves
1/3 C extra-virgin olive oil
1/2 C freshly grated parmesan cheese

Instructions

1. To make the basil pesto: Combine basil leaves, pine nuts and garlic in a food processor and process until very finely minced. With the machine running slowly add in the oil and process until the mixture is smooth. Add the cheese and process very briefly, just long enough to combine. add a pinch of salt, stir then taste, add more salt if needed.
2. In a large pan, heat olive oil over medium-high and add garlic and onion., seasoning with salt. Sauté until onions have softened, then add in linguica and cook for 8-10 minutes. Add in beans, kale and broth, then season with salt and pepper. Bring it all to a simmer for 15-20 minutes. Season with more salt and pepper to taste if needed, then set aside.
3. In a large pan over medium-high, add in about 1 TBS of olive oil to coat the pan, then add in the cod. Let each side cook for 5-6 minutes, or until it is cooked through, depending on the thickness of the filet. Brush on one to two tablespoons of pesto to each filet of fish after you've flipped the fish and it s cooking on it's second side.
4. Serve this dish starting with the linguica and white beans, then add the fish, ladling a little of the broth over each piece of fi. Once the dinner is done, add in 3 more cups of broth to make a stew for the next night.

