

Pan-Seared Fish with Artichoke Salsa

A delicious and bright main dish featuring pan-seared cod filets paired with a luscious artichoke salsa.



Main Dish

15 min

Total time

Easy

Difficulty

370

kcal / serving

Ingredients

- Ingredients (1 serving):
- Cod Filet (1)
- Lemon Juice (1 tsp.)
- Artichokes canned, marinated (2 tbsp. plus 1 tbsp. liquid)
- Olive Oil (1 tablespoon)
- Parsley (2 tsp., minced)
- Salt and Pepper to taste

Steps

- 1 Heat oil in a non-stick skillet over medium-high heat.
- 2 Sprinkle cod filet with salt and pepper and add to skillet.
- 3 Cook cod for 4-5 minutes or until lightly golden and cooked through.
- 4 Meanwhile, combine canned artichokes and liquid, lemon juice, and parsley in a small bowl.
- 5 Once cod is cooked, top with artichoke salsa and serve!