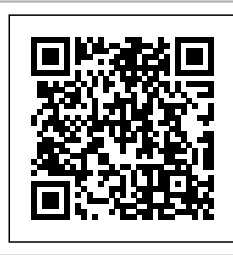


Nonna's Steamed Cod and Green Beans



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Recipe by: Laura Vitale

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

For the cod:

- 4 6oz each Cod Fillets, fresh or frozen
- 2 Cloves of Garlic, sliced
- 2 Tbsp of Parsley, roughly torn with your hands
- 1-1/2 Tbsp of Extra Virgin Olive Oil
- Salt, to taste
- Squeeze of Fresh Lemon Juice

For the green beans:

- 1 lb of Green Beans, trimmed and washed
- 2 Small Cloves of Garlic, peeled but not chopped
- 1 to 2 Tbsp of Extra Virgin Olive Oil
- Salt, to taste
- Squeeze of Fresh Lemon Juice

1) For the green beans, boil them until tender, drain and while still hot, place them in a bowl with the two cloves of garlic, set aside for 30 minutes.

2) Move on to the cod. Add about 1/2 of water to a large skillet with high sides, place the fish in the skillet, top with the oil, garlic, parsley and salt, bring the water to a boil over medium-high heat, then turn the heat to low, cover the pan with a lid and cook for about 20 to 30 minutes or until the fish is fully cooked through and flaky.

3) Remove the fish to a plate, add a squeeze of fresh lemon to the broth left over in the skillet, then drizzle some of that liquid over the fish.

4) Meanwhile, finish off the green beans by tossing them with the oil, salt and some fresh lemon.

