

# COD LOINS



ITEM #86812 - PACK SIZE - 20 PCS X 113 GR (4 OZ)  
4.98 LB BOX | VAC PACKED IN 2'S | \$75.00

## PREPARATION METHODS AND SERVING SUGGESTIONS

### **PREPARATION**

- Defrost Cod portions in original plastic packaging overnight in the refrigerator, or under cold running water for approximately one hour.
- Remove thawed cod portions from packaging and gently pat dry using clean paper towels.
- Season fish with salt and pepper or preferred seasoning and lightly oil prior to cooking.

### **STOVE TOP – FRY PAN/SKILLET**

- Pre-heat non-stick pan over medium-high heat
- Add a small amount of oil to the pan to lightly coat
- Carefully place cod into pan and cook 5-6 minutes per side (10-12 minutes total) until the fish is lightly brown and reaches a minimum internal temperature of 158F

### **AIR FRYER**

- Pre-heat air fryer to 400F
- Place seasoned and oiled fish into air fryer and cook for 10-12 Minutes until the fish is lightly browned and reaches a minimum internal temperature of 158F

### **OVEN**

- Pre-heat oven to 400F
- Place seasoned and oiled fish on a parchment paper lined baking sheet
- Bake fish for 12-15 minutes until lightly browned and reaches a minimum internal temperature of 158F

### SIDE DISHES SUGGESTIONS

Boiled Potatoes with Butter & Chives  
Grilled Asparagus  
Cucumber, Tomato and Feta Salad  
Mushroom Risotto