

Prego

ROASTED COD

Gnocchi alla Romana, Puttanesca

(Serves 2) EASY★☆☆☆ TIME:30mins



INGREDIENTS

Cod Fillets	2pcs
Puttanesca Sauce Premix	200gm
Aquaponics Basil	1 box
Lemon Dressing Premix	30gm
Gnocchi alla Romana	14pcs
Basil	2 sprigs
Salt	to taste
Pepper	to taste
Olive Oil	2tbsp
Aquaponics Salad	

METHOD

1. Remove cod fillets from fridge 30 minutes prior to cooking. Preheat oven to 180°C. Turn pan on to medium high heat.
2. Season cod with salt and pat dry with paper towel. Place in the pan with skin side down
3. In a pot, warm up puttanesca sauce and season to taste with salt, pepper, olive oil. Add chopped basil just before serving.
4. Place cod in oven on the baking tray. Add butter to the pan and warm up gnocchi.
5. Check cod after 5 minutes for doneness. Poke with bamboo stick, it should go through without resistance.
6. Toss salad with lemon dressing.
7. To assemble, pour puttanesca sauce on to centre of the plate. Place fish on top skin side up, with tossed salad and gnocchi next to it.



*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

