



Broiled Cod with Sautéed Chinese Cabbage

Recipe Courtesy Chef Bryan Woolley

Broiled Cod:

4 Six-ounce cod fillets
1 tbsp orange zest
¼ cup orange juice
1 tsp brown sugar
2 tbsp extra virgin olive oil
1 tsp kosher salt
2 tsp freshly cracked black pepper

1. In a medium size bowl, combine olive oil, orange zest, orange juice, brown sugar, salt and pepper.
2. Add cod fillets and coat with marinade and allow to sit for about 20 minutes.
3. Place cod fillets on a rack that is set inside a baking sheet.
4. Broil each side of cod fillets for about 2 minutes. (This time will vary depending on how thick the cod fillets are.)

Sautéed Chinese Cabbage:

4 cups sliced Chinese cabbage
1 tbsp Dijon mustard
1 tsp mustard seed
¼ cup sliced red onion
2 tbsp white wine
2 tbsp extra virgin olive oil
1 tsp kosher salt
2 tsp freshly cracked pepper

1. Heat a large sauté pan and add extra virgin olive oil, mustard seed, and red onion. Sauté until fragrant. (About 2 minutes)
2. Add cabbage and sauté for about 1 minute. Add mustard and white wine. Continue sautéing for about 1 additional minute.
3. Remove from heat and serve with broiled cod. ENJOY!

Nutrition Facts

Serving Size – One cod fillet with 1 cup cabbage

Calories	348
Total Fat	18g
Saturated Fat	3g
Cholesterol	76mg
Sodium	1347mg
Carbohydrate	10g
Dietary Fiber	2g
Protein	32g

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