



## **A fresh spring salad with poached cod**

*serves 2*

1 small choggia beet, scrubbed and thinly sliced (a mandolin is of good use here)  
6 radishes, thinly sliced  
4 spring onions, chopped  
a good bunch of pea shoots  
bunch of dill fronds  
bunch of flat-leaf parsley leaves  
edible flowers (optional)

### **For the dressing**

2 tbsp rape seed oil or olive oil  
1/2 tbsp white balsamic vinegar  
a squeeze of lemon  
sea salt to taste

- 1) Whisk all ingredients for the dressing together.
- 2) Toss the salad with the dressing and serve with poached cod.

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### **Poached cod**

250 g fresh cod  
water enough to cover  
1-2 tsp sea salt

- 1) Cut the cod in two pieces. Bring the water to a boil/simmer and add the fish in a single layer, making sure it is completely covered with liquid. Cover and cook for 5-6 minutes until the fish flesh flakes easily.
- 2) Use a skimmer to pick up the fish and place it on the plates with the salad on the side.