



Recipe
suggestions

Lemon cod with spicy chick peas (serves 2)

Ingredients

- > 1 lemon, zest and juice only
- > 3 tbsp light olive oil, plus extra
- > 4x cod fillets, skinned
- > 1 onion, sliced into thin wedges
- > 250g packet fresh spinach, stems trimmed
- > 1 tsp dried chilli flakes
- > 420g canned chickpeas, rinsed and drained

Method

- > Pre-heat the grill to a medium heat.
- > Mix the lemon zest with one tbsp of oil
- > Line a roasting tin with foil, oil lightly and add the fish. Brush the fish with the lemon oil. Season and grill for 8-10 minutes until cooked (no need to turn it).
- > Heat the rest of the oil and fry the onion until golden then add the spinach and cook until wilted.
- > Stir in the chilli flakes. Tip in the chickpeas and one tbsp of lemon juice, heat through and season.
- > Spoon the chickpea mixture on to hot plates and serve the fish on top. Drizzle with a little extra oil or lemon juice

To place an order or to check what we have in store today, please call **020 7221 6177** or email retail@jkmayfair.co.uk

James Knight of Mayfair
67 Notting Hill Gate, London W11 3JS
www.james-knight.com



By appointment to
Her Majesty Queen Elizabeth II
Fishmonger
James Knight of Mayfair



By appointment to
H. R. H. The Prince of Wales
Fishmonger
James Knight of Mayfair