



Prep Time: 2 min.



Cook Time: 4-6 min.

**Be careful not to
overcook your fish!!**

The fish will be soft and flaky when cooked properly

****Over cooking the Cod may result in a rubbery, tough texture.**

Sautéed True Cod

Rinse thawed fillets under cold water and pat dry with a paper towel. In a large skillet, add your favorite cooking oil to the pan and warm over medium heat. When the oil is heated, add fillets and your favorite seasonings.

Cook for 2-3 minutes on each side, or until slightly golden.

Remove fish from pan, as the fish will continue to cook.

Serve and enjoy!



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