KIKKOMAN

Net of cod mustard sauce and Tamari soy sauce

Total time **50 mins**

Nutritional facts (per portion):
1,992 kJ / 476 kcal

INGREDIENTS

4 portion(s)

4	pavements of cod of 150 g approximately
600 g	potatoes
150 g	shoots of spinach
50 g	butter
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tbsp	peanut oil
	salt, pepper

For the sauce:

100 ml	cream
2 tbsp	mustard
3 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
	tarragon

PREPARATION

Step 1

Boiled potatoes approximately 25 minutes, wash spinach, and drain them.

Step 2

Prepare the sauce: warm the cream over a low heat, then take away from the fire, add the Tamari soy sauce, the mustard, mix and reserve. (It will be necessary to warm it before serving.) When potatoes are cooked, peel them, crush them with a fork, incorporate the butter, the oil and 1 tbsp of Tamari soy sauce.

Step 3

Season the pavements of fish with salt and peper, put them in the hot oil in a frying pan and make them bronze on each side.

Step 4

Warm 1 tbsp of Tamari soy sauce in a frying pan, and put spinach just drained, turn them 1 minute and take away from the fire.

Step 5

To serve: distribute crushed potatoes in the center of plates, add some leaves of spinach, put above a pavement of fish, coat of sauce, pepper and present immediately.