

## Garlic Dusted Cod

Give Cod a little lift without over powering its natural delicate flavour.

You will need:

Fresh Cod - (If using frozen dry with kitchen towel before use to remove excess water).  
3 Tablespoons Plain Flour.  
3 teaspoons Granulated Garlic.  
Salt & Pepper.  
1 Large Plastic Bag.  
A little cooking oil.

Place the Flour, Garlic, Salt and Pepper into the Plastic Bag.  
Shake up the bag to mix the ingredients together.

Add the Cod pieces and ensure the fish is coated with the mix.  
Allow to sit for at least 10 minutes or if longer place in your fridge.

Heat a pan and when hot add a little oil.

Dust off the excess flour from the Fish and place it in the pan.  
Depending on the thickness of the Fish pieces cook for approx. 1-2 minutes.

Turn the Fish and continue to cook for a further 2-3 minutes or until the fish is opaque and beginning to flake.

Remove the pan from the heat and allow the Fish to rest for about a minute.  
Serve the fish and enjoy.