



## Broiled Wild Cod and Asparagus

Gaggenau Appliance: Combi Microwave Oven

Heating Mode: Broil + Circulated Air

Preparation Time: 8 minutes

Cooking Time: 6 - 8 minutes

Makes: 2 servings

The flavors of the wild cod and asparagus really shine in this simple preparation. Everything is cooked together on the glass oven tray making both preparation and clean-up a breeze.

1 lb (500 g) wild cod filets

½ lb (250 g) fresh asparagus, trimmed

½ tsp herbs de Provence

1 lemon,

2 tbsp (30 mL) olive oil

Toss the cleaned and trimmed asparagus with a little olive oil and a sprinkle of salt and spread onto one side of the glass tray and place the fish on the other side of the tray. Season the fish with the herbs, salt and pepper and the remainder of the olive oil.

Cut the lemon in half and cut one half into ¼" thick slices and arrange those slices over the fish. Juice the other half to drizzle over the asparagus before serving.

Select the Broil + Circulated Air mode with the left control knob and set the temperature to 400°F with the right control knob. Slide the glass tray onto rack position 3 counting up from the bottom and cook the fish and asparagus for 6 - 8 minutes until the fish is firm and the asparagus are tender.

Before serving squeeze the juice from the remaining lemon half over the asparagus and sprinkle with sea salt.