

Pistachio Pesto Cod Over Farro

FOR THE COD:

4-6 Cod (you could use any white fish) fillet pieces (I usually get 1.5-2 lbs from the butcher for 4 servings)

Salt and pepper

Olive oil (approximately 2-3 tablespoons)

FOR THE PISTACHIO CILANTRO PESTO:

2 cups (about 1 bunch from the store) fresh cilantro leaves (Destemming is a great job for a helper!)

1/3 cup salted shelled pistachios (Shelling pistachios is another great job for a helper!)

1 large garlic clove

2/3 cup olive oil

1/3 cup grated/shredded Parmesan cheese

3 tbsp lemon juice (the juice of one large lemon should be fine, a little more or less isn't a huge deal.)

ADD ONS:

1 or 2 cups farro* (I make 2 cups and have extra on purpose, 1 cup will do.)

2.5 or 5 cups chicken broth/water/veggie broth...I use chicken broth

2 Roma tomatoes, diced (or chopped...whatever you want!)

INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Pat the fish fillets dry, season with salt and pepper on both sides, then place on a lightly oiled baking pan.
3. Start your farro on the stove according to the directions on the package.
4. Drizzle the cod with olive oil. Bake in the heated oven for 20 minutes.
5. Meanwhile, prepare the pistachio cilantro pesto. Place the cilantro, shelled pistachio and garlic in a food processor. Pulse until well-chopped. Add the remaining ingredients and blend until smooth.
(If you only have a blender, start by adding your liquids and cilantro, then when that is smooth, slowly add pistachios, garlic, and finally cheese, blending into a smooth yummy paste...slowly add more olive oil if you'd like it more like a sauce than a paste, don't go too crazy though!)
6. Remove the farro from the heat once it is ready but leave it covered. Once the fish is out of the oven, create a bed of farro on each plate.
7. Add a portion of cod to each bed of farro.
8. Cover each portion of cod with pistachio pesto, adding a small portion of diced tomatoes on top.
9. Pairs well with a lemon-lime soda or a glass of white wine :)

*You could replace farro with rice, quinoa, couscous, or some other similar grain but farro is my personal favorite. If you've never had it, then totally use it...it's so yummy!