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**“Skillet” Lemon Butter Cod**

**Ingredients:**

* 2 x 4 oz cod fillets
* Salt
* Pepper
* Thyme
* ½ lemon
* 3 Tbs butter
* 1Tbl avocado oil
* 1 clove garlic crushed
* 4 Tbs chicken stock
* 1 Tbs Tiger Nut flour

**Procedure:**

Wash and dry cod filets with cold water.

Season cod with salt, pepper and thyme.

Heat skillet under medium to medium high heat (350-400 F).

Melt 1 Tbs butter and the avocado oil in skillet.

Crush garlic into skillet and sauté until brown. Remove garlic from skillet.

Dust cod fillets with Tiger Nut flour.

Add cod to skillet and brown on all sides for 4 minutes each side (until cooked through), remove and set aside on serving platter.

Add remaining butter, chicken stock and juice from ½ lemon to skillet, heat to boiling. Reduce heat to low and reduce about halfway.

Pour liquid over cod fillets and serve (may want to garnish with parsley)