

Creamy Florentine Cod

Ingredients

- 4 cod fillets, about 5 to 6 ounces each, fresh preferred or frozen and fully thawed
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 small shallot, finely chopped
- 3 cloves garlic, minced
- $\frac{1}{3}$ cup chicken broth
- 1 tablespoon all purpose flour, optional, for a thicker sauce
- 1 cup heavy cream
- $\frac{1}{2}$ cup freshly grated Parmesan cheese
- 5 ounces fresh baby spinach
- $\frac{1}{4}$ teaspoon red pepper flakes, optional
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley
- Lemon wedges, for serving

Instructions

1. Pat the cod fillets dry with paper towels and season both sides with salt and black pepper.
2. Heat the olive oil in a large skillet over medium heat. Cook the cod for 2 to 3 minutes on the first side, then carefully flip and cook for another 1 to 2 minutes. Transfer to a plate while still slightly undercooked.
3. Reduce the heat to medium low and add the butter. Cook the shallot for about 2 minutes until softened, then add the garlic and cook for 30 seconds.
4. For a thicker sauce, stir in the flour and cook for 1 minute. If not using flour, skip directly to the broth. Slowly pour in the chicken broth, scraping up the browned bits from the skillet, then add the heavy cream and bring to a gentle simmer.
5. Stir in the Parmesan and red pepper flakes, if using. Cook for 2 to 3 minutes until the sauce begins to thicken, then add the spinach a handful at a time and stir until wilted.
6. Return the cod and any juices to the skillet. Spoon some of the sauce around and over the fish and cook for 2 to 4 minutes, until the cod is opaque, flakes easily with a fork, and reaches 145°F in the thickest part.
7. Remove from the heat and stir the lemon juice into the sauce around the cod. Sprinkle with fresh parsley and serve warm with lemon wedges.

Note & Storage

- Fresh cod is preferred, but frozen cod works well when fully thawed. Pat it very dry before cooking.
- Cod fillets vary in thickness, so adjust the cooking time as needed.
- The optional flour gives the sauce a thicker consistency. Leave it out for a lighter sauce.
- Keep the sauce at a gentle simmer to help prevent the cream and Parmesan from separating.
- Store leftovers in an airtight container in the refrigerator for up to 2 days.
- Reheat gently over low heat, adding a small splash of cream or broth if the sauce has thickened.
- Freezing is not recommended because the cream sauce may separate and the cod can lose its delicate texture.