FLEURISH / DOCTOR'S KITCHEN

Baked cod

with tomatoes & olives

Tender cod, juicy tomatoes and briny olives. A simple oven dinner.



Serves 4 | **Prep 10 min** | **Cook 25-28 min** | **About 40 min total**

INGREDIENTS

- ☐ 4 cod fillets, 5 to 6 oz each (about 1 1/2 lb total), about 1 inch thick
- ☐ 1 can (14.5 oz) diced tomatoes, with juice
- ☐ 1/3 cup pitted Kalamata or green olives, halved
- ☐ 3 garlic cloves, thinly sliced
- ☐ 2 tbsp olive oil, divided
- ☐ 1 tsp dried oregano
- ☐ 1/2 tsp kosher salt, divided
- ☐ 1/4 tsp black pepper

LET'S COOK

☐ **1. Get ready**

Heat oven to 400 F. Use a 9 x 13 inch baking dish. Thaw frozen cod overnight in the fridge; pat dry.

☐ **2. Start the sauce**

Mix tomatoes and juice, olives, garlic, 1 tbsp oil and 1/4 tsp salt in the dish. Bake for 10 minutes.

☐ **3. Add the cod**

Season fish with the remaining 1/4 tsp salt and all the pepper. Set in the hot sauce in one layer. Spoon sauce over; add oregano and remaining 1 tbsp oil.

☐ **4. Bake**

Bake 15 to 18 minutes; check thin fillets at 12 minutes. Fish should be opaque and flake easily. A thermometer in the thickest part, away from the dish, must read at least 145 F. If needed, bake 2 to 3 minutes more and recheck.

☐ **5. Serve**

Plate one fillet per person and spoon the tomato-olive sauce over it.

Use oven mitts with the hot dish; wash hands after handling raw fish. Refrigerate leftovers within 2 hours; eat within 3 to 4 days and reheat until hot throughout.