

Roasted Cod with Warm Tomato Olive Caper Tapenade

Ingredients

1 lb cod fillet
3 tsp extra virgin olive oil, divided
1/4 tsp fresh ground pepper
1 tbsp minced shallot
1 cup halved cherry tomatoes
1/4 cup chopped cured olives
1 tbsp capers, rinsed & chopped
1 1/2 tsp chopped fresh oregano
1 tsp balsamic vinegar

Directions

Preheat oven to 450°. Coat a baking sheet with cooking spray. Rub cod with 2 tsp oil. Sprinkle with pepper. Place on the prepared baking sheet. Transfer to the oven and roast until the fish flakes easily with a fork, 15-20 minutes, depending on the thickness of the fillet.

Meanwhile, heat the remaining 1 tsp oil in a small skillet over medium heat. Add shallot and cook, stirring, until beginning to soften, about 20 seconds. Add tomatoes and cook, stirring, until softened, about 1.5 minutes. Add olives and capers; cook, stirring, for 30 seconds more. Stir in oregano and vinegar; remove from heat. Spoon the tapenade over the cod to serve.

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