

Tomato & Thyme Cod

Ingredients

1 1/2 lb Cod Fillets
1 tbsp Olive Oil
1 onion, chopped
1 can Chopped Tomatoes
1 1/4 tsp Light Brown Sugar
3 sprigs fresh Thyme, leaves stripped
1 tbsp Soy Sauce

Directions

Heat oil in frying pan. Add onion and cook for 5-8 minutes, until lightly browned. Stir in tomatoes, sugar, thyme, and soy. Bring to a boil

Simmer for 5 minutes. Add cod to sauce. Cover & gently cook for 8-10 minutes, until the cod flakes easily.

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