Dinner

Baked Cod with Olives and Tomato

Cod filets are stacked into little sandwiches with a briny olive and anchovy mixture, then baked in a tomato paste and red wine sauce until tender and flaky.

30 min	190	6 g	2 g
time	calories	carbs	sugars



Gluten free

Ingredients, 8 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 2 tbsp olive oil
- [ ] 1 large onion(s) (diced)
- [ ] 3 clove garlic (minced)
- [ ] 1 large bell peppers (diced)
- [ ] 1 (2-ounce) can anchovies packed in oil (chopped and drained but not rinsed)
- [ ] 1 cup black olives (pitted)
- [ ] 1/8 tsp fennel seeds
- [ ] 1 tsp black pepper
- [ ] 8 whole cod filets (about 5 ounces each, boneless)
- [ ] 1 large tomato(es) (sliced)
- [ ] 1 tbsp tomato paste (diluted with water to make ½ cup)
- [ ] 1 cup red wine

Nutrition Facts

Per serving

Calories	**190**
Total fat	4.5 g
Saturated fat	1 g
Sodium	450 mg
Total carbs	6 g
Fiber	1 g
Total sugars	2 g
Protein	27 g

Method

- [ ] 1 Preheat the oven to 375°F.
- [ ] 2 Coat a baking dish with the nonstick cooking spray.
- [ ] 3 Warm the olive oil in a heavy skillet, add the onion, garlic, and bell pepper, and cook until the onion is soft.
- [ ] 4 Stir in the anchovies, black olives, fennel seeds, and black pepper until well combined.
- [ ] 5 Lay 4 of the cod filets in a single layer in the baking dish and spread the anchovy and olive mixture evenly over them.
- [ ] 6 Place the remaining cod filets on top to form sandwiches and crown each one with a slice of tomato.
- [ ] 7 Stir the diluted tomato paste together with the red wine and pour it over the fish.
- [ ] 8 Bake for 20 minutes, basting every 5 minutes, until the fish flakes easily.

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