



MEDITERRANEAN BAKED FISH

Simply steamed in a foil pouch!

SERVINGS: 4

PREPPING TIME: 60 MIN

COOKING TIME: 30 MIN

INGREDIENTS

4 (5-ounce) cod filets
salt & pepper, to taste
2 lemons
2 shallots
1 clove garlic
8 cherry tomatoes
6 kalamata olives
2 tbsp capers
pinch of Herb de Provence
dash of white wine
4 tbsp olive oil
fresh parsley, for garnish

DIRECTIONS

1. Preheat oven to 400°F. Place each fish piece in the center of individual sheets of aluminum foil (long enough to fold into pouches). Season with salt and pepper.
2. Sauté the shallot and garlic with olive oil until translucent.
3. Place 2 thin slices of lemon over fish. Then top with shallot, garlic, tomatoes halves, slices of olives, and capers.
4. Drizzle with a bit of white wine and olive oil.
5. Season with a dash of Herb de Provence
6. Bring opposite sides together of aluminum foil together and fold over. Then roll top and bottom to close off pouch. Ensure all sides are sealed.
7. Place pouches on a baking sheet and bake about 30 minutes, or until the fish is firm and flakes easily with a fork. Garnish with fresh parsley and serve hot.

NOTES

The bright and light Mediterranean toppings perfectly compliment the white fish. For more formal occasions, I often use halibut instead. Serve with crisp white wine and on a hot summer day with friends and family.