

Recipes

from Eastern Fisheries



COD WITH LEMON AND OLIVES

PREP TIME: 10 MINUTES | TOTAL TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS:

2 pounds Pacific cod loins
3/4 cup dry white wine (such as Sauvignon Blanc)
1/2 cup mixed olives
Zest from 1 lemon, cut into strips
1 tablespoon olive oil
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 teaspoon red pepper flakes
1/4 cup fresh flat-leaf parsley, chopped

DIRECTIONS:

Heat oven to 400° F.
Place the fish in a small roasting pan. Add enough wine (about 3/4 cup) to reach halfway up the sides of the fish. Season the fish with salt and pepper. Scatter the olives and lemon zest around the fish. Drizzle with the oil and the red pepper flakes. Roast until the fish is cooked through and flakes easily with a fork, about 20 minutes. Remove from oven and sprinkle with the parsley. Divide the fish among individual plates and spoon the olives and wine sauce over the top. Garnish with lemon slices and service with roasted Yukon Gold potatoes.



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