

Oven baked Mediterranean cod dinner

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This oven baked Mediterranean cod dinner is a flavorful and healthy option. It really is the best baked cod. The fish is cooked with potatoes and tomato in a rich wine sauce. This complete cod dinner is ready in less than thirty minutes, is made in one pan and the fish comes out perfectly tender with a golden flaky exterior while the inside remains moist and flavorful. The seasonings enhances the natural taste, and the fish practically falls apart at the touch of a fork.

Tips for making this oven baked Mediterranean cod dinner

1. Season generously. Mediterranean flavors thrive on bold seasonings. Use plenty of a good quality olive oil, and a mixture of fresh and dry herbs. Be sure to season the fish generously fish can be bland and needs to be seasoned well.
2. Don't overcook the fish. Cod can dry out easily if overbaked. that's why we cook the potatoes and tomatoes first before adding the fish.
3. Add different vegetables. Mediterranean dishes often incorporate vegetables roasting them alongside the cod. I used potatoes and tomatoes. You can add zucchini or broccoli. Roasting them with the fish allows them to absorb the same flavors, creating a delicious and healthy well-flavored dish. If you make this oven-baked

Mediterranean cod dinner please leave me a comment on your experience with this fish recipe. I love hearing from you. IT's my favorite part!!! And helps others. Thanks!!!

Ingredients

- 1 1/2 lb. Alaskan cod
- 2 tsp. each onion+ garlic + paprika powder
- 3 medium peeled and thinly sliced potatoes
- 1 Tbsp. thyme and 1 Tbsp. rosemary
- 2 Tbsp. minced garlic
- 1 cup white wine
- 2 cups cherry tomatoes
- 1 cup pitted kalamata olives
- 1/2 cup capers
- salt and pepper to taste

Instructions

1. Start by cutting the fish in equal parts salt and pepper to taste
2. Peel the potatoes and slice lay on an oven proof pan add the tomatoes, olives, capers and white wine drizzle with the olive oil sprinkle with the thyme, garlic and rosemary. Salt and pepper to taste. bake in a preheated 375-degree oven for 15 minutes or until potatoes are tender and the tomatoes blistered
3. salt and pepper the fish Combine the onion, garlic and paprika and rub on the fish fillets
4. Place the fish on top of the potatoes and tomatoes and bake for 10 to 15 minutes longer. ENJOY!!!