



M e d i t e r r a n e a n B a k e d B l a c k C o d



4 Servings



30 minutes

Ingredients :

- 4 black cod fillets (6 oz each)
- 2 cups cherry tomatoes (halved)
- 1/2 cup Kalamata olives (pitted)
- 4 cloves garlic (minced)
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste



Instructions :

1. Preheat your oven to 375°F.
2. Place black cod fillets in a baking dish .
3. Arrange tomatoes and olives around the fish and sprinkle minced garlic over everything .
4. Drizzle olive oil and lemon juice on top .
5. Season with oregano , salt , and pepper .
6. Cover the dish with foil .
7. Bake for 20 minutes until the fish is cooked through and the tomatoes are soft .