



# Mediterranean Baked Black Cod



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 .