



Roasted Cod with Warm Tomato-Olive-Caper Tapenade

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 4 people

Ready in: 30 minutes

Fresh Seafood



1lb Cod Fillet

Ingredients

3 tsp extra-virgin olive oil, divided
¼ tsp freshly ground pepper
1tbsp minced shallot
1cup halved cherry tomatoes
¼ cup chopped cured olives
1tbsp capers, rinsed and chopped
1½ tsp chopped fresh oregano
1tsp balsamic vinegar

Instructions

1. Preheat oven to 450 degrees F. Coat a baking sheet with cooking spray.
2. Rub cod with 2 tsp. of the oil. Sprinkle with pepper. Place on prepared baking sheet. Transfer to oven and roast until fish flakes easily with a fork, 15-20 minutes, depending on the thickness of the fillet.
3. Meanwhile, heat remaining 1 tsp. oil in a small skillet over medium heat. Add shallot and cook, stirring, until beginning to soften, about 20 seconds. Add

tomatoes and cook, stirring, until softened, about 1½ minutes. Add olives and capers; cook, stirring, for 30 seconds more. Stir in oregano and vinegar; remove from heat. Spoon sauce over cod to serve.