

Baked Cod with Squash and Tomato



RECIPE NAME: Baked Cod with Squash and Tomato

RECIPE DESCRIPTION: Baked fish and vegetables

ACTIVE TIME: 30 minutes

TOTAL TIME: 1 hour and 5 minutes

SERVINGS: 6

bon COOK PRODUCTS USED: Flexipan® Fluted Square Mold, Medium Perforated Baking Sheet, Santoku Chef Knife, FRENCH PANTRY Sel Gris Salt, FRENCH PANTRY Rosemary, Basil, Thyme Herb Blend

INGREDIENTS:

- 4 Yukon Gold Potatoes (1-pound total weight)
- 2 Cod Fillets (1 pound each, skin intact, pin bones removed)
- FRENCH PANTRY Sel Gris Salt, to taste
- Freshly ground Pepper, to taste
- 1 Tomato, sliced ¼ inch thick through stem end
- 1 Yellow Summer Squash or Zucchini, sliced ¼ inch thick on a sharp diagonal
- 1 small Yellow Onion, sliced
- 1 ½ tablespoons Olive Oil or Canola Oil
- 1 tablespoon FRENCH PANTRY Rosemary, Basil, Thyme Herb Blend

DIRECTIONS:

1. Boil the Potatoes with skin on, until tender (about 20 minutes) then drain and let cool
2. When Potatoes are cool enough to handle, peel and cut into ¼ inch thick slices
3. Preheat oven to 400 degrees F, place oven rack in center position and

place the Fluted Square Mold on the Perforated Baking Sheet

4. Lay the fillets, skin side down, in the Square Mold and sprinkle with Salt and Pepper
5. Place the Potato slices in 2 overlapping rows on top of the Cod and place the Tomato slices down the middle, alternating them with the Squash slices
6. Scatter Onion over the top and drizzle with the 1 ½ tablespoons of Oil, then sprinkle again with Salt and Pepper, to taste
7. Bake until the Fish is opaque throughout (about 35 minutes), remove from oven, sprinkle with the Herb Blend and serve immediately.