

Mediterranean Oven Baked Cod & Wilted Spinach



Prep: 25 minutes

Cook: 25 minutes

Yield: 4 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 4 cod fillets (6 oz each)
- 1 cup cherry tomatoes halved
- 1 shallot chopped
- 2 lemons: only 1 sliced in 1/4 inch thick rounds
- 1/4 cup pitted Kalamata olives halved
- 3 tablespoons olive oil, plus more for finishing
- 3 sprigs fresh thyme
- 5 ounces fresh baby spinach.
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Optional

Substitute any white flaky fish for the cod, such as tilapia or flounder. Any kind of brined or marinated olives will work in this recipe. Sprinkle 1/2 teaspoon dried thyme all around the fish in place of fresh thyme if you already have it.



1. Preheat oven to 375°.
2. In an 11" x 7" baking dish, arrange the lemon slices on the bottom. Season the cod fillets with salt and pepper on both sides and place on top of the lemon slices, leaving some room in between the fillets. Spread the cherry tomatoes, shallot, and Kalamata olives evenly around and in between the fillets. Sprinkle with a large pinch of salt and a pinch of black pepper. Squeeze the juice of the remaining lemon and drizzle the olive oil over the whole dish. Place the thyme sprigs on top and cover the dish with foil.
3. Place in the preheated oven and bake until the fish is cooked through and begins to flake and the potatoes are soft, about 20-25 minutes.
4. While the fish is cooking, divide the raw spinach evenly among 4 plates. Lightly sprinkle each with a pinch of salt and pepper.
5. Carefully remove the foil, discard the thyme sprigs and using a spatula, place a fillet over fresh spinach to slightly wilt it. Spoon the remaining ingredients evenly among the 4 plates and finish with a light drizzle of olive oil.

Chef's Notes: Buy just the amount of olives you need at your grocery's olive bar if they have one. You can also substitute the Kalamata olives with any other type you may have.