

Recipe idea

Cod with ovenbaked vegetables

Main course - 4 persons

Preparation: 15 minutes | Cooking time: 20 minutes



Ingredients

- 4 cod loins
- Olive oil
- 1 zucchini
- Lettuce
- Potatoes
- Red bell pepper
- Yellow bell pepper
- Cress
- Parmesan cheese
- Garlic
- Thyme

Preparation

Cut the zucchini in slices. Marinate them in some olive oil, garlic and thyme. Cook the potatoes and add them to the zucchini. Cut the red and yellow bell peppers in strips and add to the zucchini.

Put the veggies in a preheated oven of 180 °C until they are nicely charred. Cook the cod loins in the oven for about 15 minutes and serve with the grilled veggies. Finish with the cress, lettuce and parmesan.



MSC Atlantic cod loins
Product Code = MSC FCODL150

150-200 g/pc
Polybag 800 g, 12 bags per carton