



Cut at the line for a 4x6 Recipe Card

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Cod Puttanesca

(Soups And Stews, None)

Ingredients:

- 2 small cod fillets
- 3 tbsp extra virgin olive oil
- 1 cup shallots, sliced
- 2 garlic cloves, minced
- 12 capers
- 24 Kalamata olives, pitted and halved
- 2 tomatoes, cubed
- 1/2 cup white wine
- 6 large basil leaves, chiffonade

Directions:

Heat olive oil in a large fry pan over medium-high heat. Saute the shallots and garlic, until the shallots are softened. Add the capers and olives. Turn the heat to "high" and allow the mixture to sizzle. Add the tomatoes and toss to combine. Once the sizzling returns, add the wine to deglaze. Dig two "holes" in the mixture and place a cod fillet in each. Reduce the heat to a simmer and cover. Allow it to gently simmer for about 10 minutes, carefully turning the fish over halfway. Once 10 minutes has passed, check that the fish is cooked through and remove it to a plate. Add the basil to the remaining stew-type mixture and stir to combine. Season to taste. Top the fish with the stew and serve. Yield: 2 servings

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