

Sun Dried Tomato Crusted Cod

Ingredients

1 lb Cod Fillet, cut into serving size pieces
2 Slices Fresh Bread Crumbs
4 oz Cheddar Cheese, finely grated
4 tbsp chopped Flat Leaf Parsley
8 Sun Dried Tomatoes in oil, drained & finely chopped
Sea Salt & Black Pepper
Olive Oil

Directions

Preheat oven to 400°. Lightly butter a shallow gratin dish. Place fish in dish and season with salt & pepper.

Place bread crumbs, cheese, parsley, & tomatoes in small bowl and toss together. Divide mixture between fish, piling on each piece. Drizzle with olive oil.

Bake fish for 15-20 minutes or until lightly browned and fish flakes easily with a fork.

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