



Cod with Puttanesca Sauce

Ingredients:

½ lb. cod

12 oz. can diced tomatoes

3 oz. black & green olives

1 oz. chopped red onions

2 garlic cloves

3 Tbsp. extra virgin olive oil

3 oz. white wine

Preparation:

Heat olive oil in sauce pan. Season and flour cod and place in the sauce pan, searing on both sides until fish is a light brown.

Remove cod from pan along with excess olive oil. Add tomatoes, garlic and onions to sauce pan and simmer 3-5 minutes. Add olives and white wine and cook another 3-4 minutes.

Add the cod, cooking an addition three minutes.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

