

BAKED COD IN FOIL

INGREDIENTS

- 2 tomatoes - cubed
- 1 red bell pepper - seeded and cubed
- 1 leek - chopped
- 2 tbsp. olive oil
- 2 tbsp. fresh basil - chopped
- 1 clove garlic - minced
- Aluminum foil
- 4 (5 oz.) cod fillets
- 1 lemon - juiced
- Salt and ground black pepper - to taste

PREPARATION

1. Preheat the oven to 400°F.
2. Combine tomatoes, bell pepper, leek, olive oil, basil, and garlic in a bowl and mix well.
3. Lay 4 sheets of aluminum foil on a work surface and place 1 cod fillet in the center of each.
4. Use spoon to pour tomato mixture evenly on top of the fillets. Drizzle lemon juice and season with salt and pepper.
5. Now place a second sheet of foil on top and seal the edges to make it look like a parcel. Repeat with the remaining fillets.
6. Bake in the preheated oven about 20 minutes or until cod can be flaked easily with a fork.
7. Remove from the oven and carefully unwrap the parcels.
8. Serve warm and enjoy!

