

Cod Puttanesca



Baked Cod with a sautéed cherry tomato, capers, black olives and fresh basil sauce. Mixed vegetables, lemon parsley rice.

Heating Instructions:

Remove cod from the fridge 30 min prior to placing it in a 425° oven for 12 - 16 min.

Vegetables can be sautéed on the stove top to finish and heat them.

Rice can be heated in the microwave.

* all times are approximate, as all ovens are slightly different. Convection mode is recommended.