

## Baked Cod with Olive Crust



**Serves:** 4

**Profitability:**

**Steps:**

Pre-heat oven to 180°C/350°F/Gas 4

Lightly grease 4 pieces of foil which are large enough to loosely wrap around the cod fillets

Place a piece of cod on each sheet of foil, dust with salt and pepper

Melt butter in a frying pan and cook onion until soft. Stir in the crumbs, parsley, lemon juice and olives. Divide into four & place a portion on top of each piece of cod

Wrap the foil loosely around the base of the fish but do not cover the topping

Place on a baking tray and cook in the oven for approx 20 minutes

Remove from the oven and carefully lift the fish from the foil & place on a serving plate

**Ingredients:**

4 cod fillets

90g butter

480g onion, finely chopped

300g fresh breadcrumbs

45g parsley, finely chopped

30ml lemon or lime juice

300g olives, finely chopped

Salt and black pepper