



UNLOCK THE MAGIC OF YOUR CONVECTION KITCHEN!

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BAKED ALASKAN WILD COD WITH BROCCOLI, PEPPERS AND OLIVES

I am seasoning the wild cod with mixed Italian seasoning, grated lemon zest, and a drizzle of olive oil. It will take approximately 18 minutes to roast the vegetables at 375 degrees in the Steam-Baking mode, but I am setting the timer for 12 minutes at which time I will remove the tray and add the fish.

Then everything goes back into the oven for another 6 minutes for the fish and vegetables to finish cooking through. Before serving, add some finishing sea salt and freshly ground pepper, so easy to prep, fast to cook, flavorful, and nutritious.

Ingredients

For the vegetables

- 2 cups broccoli florets, cut into $\frac{3}{4}$ " thick slices
- $\frac{1}{4}$ red onion, cut into $\frac{1}{4}$ " thick slices
- 1 red or yellow pepper, seeds removed cut into $\frac{1}{4}$ " thick slices
- $\frac{1}{4}$ cup pitted Kalamata olives
- 1 tbsp olive oil

For the Fish

- 1 lb wild cod
- $\frac{1}{4}$ tsp mixed Italian seasoning
- Pinch dried red chili flakes
- 1 lemon, zest only

Preparation

Heat the Steam oven in the Steam-Baking mode at 375°F (190 °C) or heat the Convection oven in the Convection Bake or Convection Roast mode.

Combine the vegetables with a sprinkle of salt and some freshly ground pepper and spread them onto a rimmed baking pan. Place the pan in the oven and set the timer for 12 minutes.

Meanwhile, season the fish and drizzle it with a little olive oil. When the timer elapses, remove the pan with the vegetables from the oven and push them to one side to make some room for the fish. Place the fish on the pan and return the pan to the oven. Set the timer for 5 - 6 minutes and cook the fish until it separates in flakes.



Serves 2

WRITE YOUR NOTES: