



BAKED COD WITH HERB MARINADE

SERVES 4

A little bit of Moroccan flavour here; delicious served with couscous. Change the herbs to suit your fancy.

- 1 small onion, grated
- 1/4 cup fresh flat leaf parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh mint, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1/4 cup fresh lemon juice
- 1/3 cup extra-virgin olive oil
- 4 cod fillets
- Salt and freshly ground pepper, to taste

1. In a small bowl, whisk together the onion, parsley, cilantro, mint, garlic, cumin, cayenne, lemon juice and olive oil. Place fish in baking dish. Pour marinade over fish, season with salt and pepper, and marinate in refrigerator 2 hours.
2. Preheat oven to 450°F.
3. Place baking dish in oven and roast until fish is opaque throughout, about 10 to 15 minutes. Serve with couscous and sautéed zucchini.

MATCH: Nice with a South African Chenin Blanc. ✕