



Fennel-Roasted Alaskan Cod with Grape Tomatoes & Pine Nuts

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

274.9 calories, 7.27 g carbohydrate, 2.95 g fiber, 4.32 g NET carbs, 32.35 g protein, 13.05 g fat

Ingredients

- 1 whole bulb organic fennel
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) organic lemon juice
- 24 ounce(s) wild Alaskan cod
- 2 Tbsp(s) organic extra virgin olive oil
- 1/2 cup(s) organic chicken broth
- 2 tbsp(s) organic pine nuts
- 16 organic grape(s) organic grape tomatoes
- 1/4 tsp(s) freshly ground black pepper

Preparation

1. Preheat the oven to 350 degrees F.
2. Using a mandoline or sharp knife, thinly slice the fennel bulb.
3. Season cod with salt and pepper.
4. Arrange half of the fennel slices in the bottom of a baking dish. Place cod on top of fennel. Add tomatoes, top with remaining fennel slices, drizzle with olive oil and sprinkle with pine nuts. Pour in broth.
5. Cover and bake for 10-12 minutes, until the fish just flakes easily.
6. Remove from oven, transfer to plates.
7. Serve.

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