

Core Cooking with Mandie Shockley

Baked Cod with Sautéed Red Bell Pepper & Onion



INGREDIENTS

Serves 2

8-16 ounces cod

Pink Himalayan salt

Cracked black pepper

Red bell pepper flakes to taste

Fresh thyme

2 cloves garlic, minced

1 white onion, thinly sliced
lengthwise

1 red bell pepper, thinly sliced
lengthwise

½ tsp olive oil

INSTRUCTIONS

Preheat oven to 375 degrees. Place cod in baking dish and sprinkle with salt, pepper, red pepper flakes and fresh thyme. Bake for 15 minutes.

Heat ½ tsp oil in sauté pan over medium heat. Add minced garlic, red pepper flakes, onion, and red bell pepper. Cook until slightly browned and add a splash of water. Cook fish until golden and soft (About 10 minutes). Serve Cod over red bell pepper and onion mixture. Enjoy!