



Baked Fish with Salsa Verde

Ingredients

For the Salsa Verde

- 1 to 2 garlic cloves cut in half
- Salt to taste
- 1 T capers, rinsed and chopped
- 1/4 cup extra-virgin olive oil
- 3/4 cup (tightly packed) flat-leaf parsley leaves

For the Fish

- 2 pounds cod
- Salt and freshly ground pepper to taste
- 2 T extra-virgin olive oil

Directions

- To make the salsa verde, combine the garlic, salt and capers in a food processor and pulse to a paste.
- Add the olive oil and parsley and blend to a purée.
- Season to taste with salt and pepper. If using within a few hours, allow to sit at room temperature. Otherwise, refrigerate. Allow to come to room temperature before using.
- Preheat the oven to 375 degrees
- Season the fish with salt and pepper on both sides and brush generously on both sides with olive oil.
- Bake for about 15 minutes, just until you can pull the flesh apart with a fork.
- Remove from oven and serve with the salsa verde.