

Cod and Hash Brown Florentine

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NOTE: If you prefer, you can substitute frozen chopped broccoli for the spinach

Ingredients:

1 1/2 cups frozen hash brown shreds
10 oz package frozen spinach
3/4# cod fillets
1 tsp salt, divided
1/4 plus 1/8 tsp pepper, divided
1/8 tsp ground cayenne spice
1/4 cup grated parmesan
1 tsp paprika

Directions:

*Defrost the hash brown shreds and pat dry. Defrost the spinach and press between paper towels to remove as much of the water as you can.

*Cut the cod into pieces of equal thickness so it will cook evenly.

*Preheat oven to 425 degrees. Spray an 8 inch square casserole dish with nonstick spray.

*Mix together the hash brown shreds, spinach, 3/4 tsp of the salt, 1/4 tsp of the pepper and the cayenne. Spread half of this mixture into the bottom of the casserole dish.

*Top with the cod pieces, then sprinkle them with the remaining 1/4 tsp salt and 1/8 tsp pepper.

*Arrange the remaining spinach and hash brown mixture over the fish. Sprinkle with the parmesan, then the paprika.

*Bake for approximately 25 minutes, until the fish is completely cooked, no longer translucent and flakes easily with a fork. How long your fish will take is dependent on the thickness of the fish.