

## Baked Fish with Olives, Ginger & Cilantro

Serves 2

### Ingredients

- 2 skinless cod fillets (160–180 g each)
- 3 T olive oil
- ½ cup pitted green olives, roughly chopped
- 1½ tsp capers, drained and rinsed
- ½ lemon: half thinly sliced, half for juice
- ½ tsp finely grated lemon zest
- 1 anchovy fillet, finely minced
- 1½ tsp fresh ginger, finely grated
- ⅛ tsp crushed red pepper (optional)
- Salt and freshly ground black pepper
- 1½–2 T chopped fresh cilantro
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### To serve:

- Plain steamed rice (about ¾ cup cooked per person)
- Roasted broccoli (see below)



### Instructions

1. Heat oven to **200°C**.
2. In a shallow baking dish, combine **olive oil, olives, capers, lemon slices, lemon zest, and minced anchovy**. Stir well to dissolve the anchovy.
3. Add the **grated ginger** to the olive mixture. Turn the fish fillets in the mixture to coat and arrange them evenly. Season lightly with **salt and black pepper**. Sprinkle with **crushed red pepper** if using.
4. Cover the dish tightly with foil and **bake for 15–18 minutes**, until the fish is just opaque and flakes easily.
5. Remove foil, squeeze the remaining **lemon** half over the fish, and spoon the olive mixture on top. Scatter with chopped **cilantro** and serve immediately.

### Side Dishes

#### Roasted Broccoli:

Toss broccoli florets with olive oil, salt, and black pepper. Roast at **200°C** for **15–18 minutes** until tender and lightly browned.

**Steamed Rice:** Serve plain to absorb the olive-ginger pan juices.

### Nutrition (per serving, fish only)

Calories: ~520 kcal | Protein: ~36 g | Fat: ~41 g | Sat. Fat: ~6 g | Carbs: ~6 g | Sugars: ~1 g | Fiber: ~2 g | Sodium: ~820 mg