

## Sicilian-Style Baked Cod with Anchovy Breadcrumbs

Serves 2

### Ingredients

- 115 g red onion (about ½ medium), cut into wedges and layers separated
- 2 T extra-virgin olive oil, divided
- ¾ tsp kosher salt (divided), or to taste
- Freshly ground black pepper
- 1 T red wine vinegar
- 2 firm-fleshed white fish fillets (about 115–130 g each), such as cod or haddock
- 1 canned anchovy fillet, finely minced (or 1 tsp anchovy oil if needed)
- 15 g dried breadcrumbs (about 2 T)
- 1 T chopped fresh parsley
- ½ tsp fresh mint, finely chopped (or ¼ tsp dried mint)
- 1 tsp fresh basil, finely chopped (or ½ tsp dried basil)
- 120 ml dry white wine, sake, or water
- 18 g oil-cured black olives (about 6–7), pitted



### Instructions

#### 1. Preheat oven:

- Heat oven to **200°C**.

#### 2. Cook the onions:

- Heat **1 T olive oil** in a small sauté pan over **low heat**.
- Add the **onion**, season lightly with **salt** and **pepper**, and cook gently until wilted and translucent, **8–10 minutes**. Do not brown.
- Add the **red wine vinegar** and stir briefly to coat.
- Transfer the onions to the bottom of a small baking dish (about 20 × 14 cm).

#### 3. Prepare anchovy breadcrumbs:

- Wipe out the pan and return it to **low heat**.
- Add the remaining **1 T olive oil** and warm gently.
- Add the **minced anchovy** and mash into the oil until dissolved.
- Add the **breadcrumbs** and stir just until coated, **about 15 seconds**.
- Transfer to a bowl and let cool slightly.
- Stir in **parsley**, **mint**, and **basil**. Season lightly with **pepper**.

#### 4. Assemble the dish:

- Lay the **fish fillets** on top of the **onions**.
- Season fish lightly with **salt** and **pepper**.
- Sprinkle the **anchovy breadcrumb mixture** evenly over the fish.
- Pour the **wine, sake, or water** around the fish (not over the crumbs).
- Scatter the **olives** around the dish.

#### 5. Bake:

- **Bake uncovered for 15–20 minutes**, until the fish is opaque and flakes easily.
- Check after 10 minutes and add a splash more liquid if the pan looks dry.

## 6. Rest and serve:

- **Let rest 5 minutes** before serving.
- Spoon onions, olives, and pan juices alongside the fish.

## Notes

- Canned anchovy replaces anchovy paste cleanly; one fillet is sufficient for balance.
- Dried herbs are acceptable; reduce quantities to avoid harshness.
- Sake works well in place of white wine; choose a dry style.

## Nutrition (approx.)

**Total dish:** Kcal: 520 | Protein: 46 g | Fat: 29 g | Sat. Fat: 5 g | Carbs: 19 g |  
Sugars: 4 g | Fiber: 3 g | Sodium: 1250 mg

**Per serving:** Kcal: 260 | Protein: 23 g | Fat: 15 g | Sat. Fat: 3 g | Carbs: 10 g |  
Sugars: 2 g | Fiber: 2 g | Sodium: 625 mg