

Baked Cod in Roasted Red Pepper Sauce

A healthy baked cod recipe made in a creamy roasted red pepper sauce. This Whole30 dish is great served over cauliflower rice or zoodles, but just as delicious if you opt for rice or quinoa.



Prep Time
10 mins

Cook Time
40 mins

★★★★★
5 from 10 votes

Course: Main Course Cuisine: Mediterranean Servings: 4 servings Calories: 285kcal
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Ingredients

- 4 cod fillets 4-5 ounces each
- 1 tablespoon olive oil
- salt and pepper to taste

Roasted Red Pepper Sauce

- 3 red peppers halved and seeded
- 1/4 cup olive oil divided
- 1/3 cup almond milk
- 1/4 cup parsley or fresh basil
- 1 1/2 tablespoons lemon juice
- 1 clove garlic minced
- 3/4 teaspoon salt
- 1/4 teaspoon cayenne

Instructions

1. Add peppers to a baking tray, skin side up, and drizzle with 1 tablespoon of olive oil.
2. Bake in the Sharp Superheated Steam Countertop Oven on Broil/Grill on 485° F for 20 minutes. If baking in a conventional oven, preheat the oven on broil, and place a rack in the middle of the oven. Bake peppers for 26-28 minutes, until the tops are charred.
3. Once peppers have cooled, pull the charred skin off the peppers.
4. Add the peppers and the rest of the sauce ingredients to a blender. Process until a creamy smooth sauce is formed.
5. Pour sauce in a baking dish.
6. Drizzle cod fillets with olive oil, and season to taste with salt and pepper. Add cod fillets to the baking dish filled with red pepper sauce.
7. Bake in the Sharp Superheated Steam Countertop Oven on Broil/Grill on 485° F for 18 minutes.

8. If baking in a conventional oven, preheat oven to Broil, and bake on the middle rack for 25 minutes.

Nutrition

Calories: 285kcal | Carbohydrates: 6g | Protein: 21g | Fat: 18g | Saturated Fat: 2g | Sodium: 469mg | Potassium: 209mg | Fiber: 2g | Sugar: 4g | Vitamin A: 3162IU | Vitamin C: 121mg | Calcium: 36mg | Iron: 1mg