Roasted Cod
with Tomato Olive Tapenade and Crispy Roasted Potatoes

Cooking time: 30–40 minutes

Designed, tested, and approved by Chef Lora Sendik

Let’s Make a Meal™ is a restaurant-quality meal that you can make at home. Instead of hunting for a recipe, making a shopping list, and buying a whole jar or bottle when you only need a little, we included exactly what you’ll need to create a meal for two. So grab a glass of wine and start cooking!

Ingredients

- 2 (6 oz) cod fillets
- 3 Tbsp. canola & olive oil blend
- 3 Tbsp. kosher salt
- ¼ tsp ground black pepper
- 1 shallot, minced
- 1 Tbsp capers
- 1 cup cherry tomatoes
- ¼ cup pitted kalamata olives
- 2 sprigs oregano
- 1 tsp white balsamic vinegar
- ½ lb red potatoes
- ¼ tsp chili powder
- 1 orange

Equipment Needed

- zester
- cutting board
- knife
- 2 baking sheets
- sauté pan
- wooden spoon
Preheat oven to 425°F. Halve cherry tomatoes. Roughly chop the kalamata olives and the shallot. Pick the leaves off the oregano sprigs and chop. Cut the red potatoes into ¼ inch coins. Zest the orange.

Coat cod with 1 tablespoon of oil and season with salt and pepper. Sprinkle half of the orange zest over the fish. Place on a baking sheet and roast for 12–14 minutes, or until flaky.

Place the chopped potatoes on a baking sheet. Toss with 1 tablespoon of oil, the chili powder, ½ teaspoon of salt, and ¼ teaspoon of pepper. Spread evenly on the baking sheet and bake for 20–25 minutes, or until cooked through and beginning to crisp.

Heat 1 teaspoon of oil in a sauté pan over medium heat. Add the chopped shallot and cook until translucent, about 1–2 minutes. Add the tomato halves and cook for 1 minute, or until the skin has softened. Add the olives, capers, oregano, and vinegar. Cut the orange in half and squeeze the juice into the tomato mixture. Cook for 1 more minute and remove from the heat.

Transfer the fish and potatoes to a serving platter. Spoon the tomato tapenade over the fish and serve.

Show us your finished dish! Post a photo on social media, tag Standard Market (@StandardMarket), and use the hashtag #letsmakeameal.