

Ingredients

- 4 cod fillets (about 6 oz each)
- 2 tbsp olive oil
- 1 can (14.5 oz) diced tomatoes
- 1/4 cup fresh basil, chopped
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano

Instructions

1. Preheat the oven to 375°F (190°C).
2. Heat 1 tbsp olive oil in a skillet over medium heat.
3. Add minced garlic and cook for 1 minute, until fragrant.
4. Add diced tomatoes, basil, salt, black pepper, and oregano. Simmer for 10 minutes, stirring occasionally.
5. Place the cod fillets in a baking dish and drizzle with the remaining 1 tbsp olive oil.
6. Pour the tomato basil sauce over the cod fillets.
7. Bake for 20-25 minutes, until the cod is cooked through and flakes easily with a fork.
8. Serve hot.

Macros (per serving, serves 4)

- Calories: 250
- Protein: 30g
- Carbs: 10g
- Fat: 10g

Shopping List

- 4 cod fillets
- Olive oil
- Diced tomatoes (canned)
- Fresh basil
- Garlic cloves
- Salt
- Black pepper
- Dried oregano