

PRFPARAZIONE

UNO Open the bottle of wine and pour yourself a drink!

DUE Preheat your oven to 400°F.

TRE Place the fish on the sheet of provided parchment paper on a pie plate or baking sheet.

QUATTRO Place the cod in the oven. Cook for about 20 minutes (cooking time may vary depending on oven). The flesh in the centre should be 74°F, with a golden crust all around.

CINQUE After 10 minutes, take ingredients out of refrigerator.

SEI When the fish is done, turn the oven off, leaving the fish inside.

SETTE Heat the garlic spread over high heat in a large skillet.

OTTO Add the tomatoes, basil and green onion. Then simmer.

NOVE Add the pesto rosso / white wine mixture and the 2 containers of Napoletana sauce. Wait 1 minute.

DIECI Add the pasta and stir 3 to 5 minutes over medium-high heat.

UNDICI Remove the fish from the oven. Place the pasta in the bottom of a bowl and add the fish on top.

DODICI Add garlic spread to the slices of bread and grill for about 1 minute on each side under a broiler, on your BBQ or in a pan, until the bread is golden brown.

TREDICI Enjoy!



NOTA BENE – Consume this delight within 24 hours.

CRUSTED

with linguine and sundried tomato pesto







Prep. 5 m

Cook 20 m

Serves 2

INGREDIENTI

Crusted cod fillets

Linguine

Napoletana sauce

Garlic spread

Cherry tomatoes

Pesto rosso, white wine

Green onion, basil

ACCOMPAGNAMENTI

Bottle of wine Slices of bread to grill Garlic spread

