

# ALASKAN PACIFIC COD

with spicy fennel & tomato sauce

## INGREDIENTS

3 tablespoons olive oil, divided  
1 cup diced onion  
1 tablespoon minced fresh garlic  
1/2 teaspoon McCormick® Fennel Seed, cracked (see Tip below)  
6 tablespoons dry white wine, such as Sauvignon Blanc  
1 can (14 1/2 ounces) diced tomatoes, undrained  
1/4 teaspoon McCormick® Red Pepper, Crushed  
1/3 cup sliced Italian green olives, such as Castelvetrano  
4 Alaskan Pacific Cod filets, about 6 ounces each  
Salt and pepper, (optional)  
Chopped parsley, for garnish, if desired

## INSTRUCTIONS

1. Heat 2 tablespoons of the olive oil in large skillet on medium heat. Add onions; cook 2 to 3 minutes, stirring often until softened. Add garlic and cracked fennel seed; cook and stir 1 minute until fragrant. Add wine to deglaze, scraping browned bits from bottom of pan.
2. Simmer until liquid is reduced by half, about 5 minutes. Stir in tomatoes and crushed red pepper; reduce heat to low and cook 10 minutes. Add olives and cook 3 minutes longer. Turn off heat and keep warm.
3. Meanwhile, pat cod filets dry with paper towels. Season filets with salt and pepper, if desired. Heat remaining 1 tablespoon olive oil in large nonstick skillet on medium - high heat. Carefully place cod filets in skillet, flesh-side down (the side that had skin should be facing up). Cook, undisturbed, 2 to 3 minutes until golden-brown crust forms on bottom. Gently flip filets. Reduce heat to medium and cook 3 to 4 minutes longer or until cooked through and fish flakes easily with a fork.
4. Divide the Spicy Fennel & Tomato Sauce between 4 serving plates. Place cooked cod over sauce and sprinkle with parsley to serve, if desired.
5. Test Kitchen Tip: To crack spice seeds such as fennel, cumin and coriander, place the amount needed into a small bag. With the back of a medium size metal spoon crush or pound the seeds until desired size is reached.



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