

Tomato-Braised Cod & Fettuccine

with Spinach & Capers

Chefs, in this satisfying recipe, we're celebrating Mediterranean-style cooking. First, we're making a rich tomato sauce with briny capers, warming turmeric and Herbes de Provence—a Southern French blend of dried herbs, traditionally including marjoram, rosemary and thyme. Then, we're using that vibrant sauce to braise fillets of cod, a popular white fish in Mediterranean diets. Tossed with hearty fettuccine, this dish is an exciting way to enjoy the sea's bounty.



Ingredients

- 4 Cod Fillets
- 10 Ounces Fettuccine Pasta
- 1 28-Ounce Can Crushed Tomatoes
- 4 Cloves Garlic
- 1 Yellow Onion
- ½ Pound Spinach
- 1 Bunch Parsley

Knick Knacks

- 2 Tablespoons Butter
- 1 Tablespoon Capers
- 2 Teaspoons Braised Cod Spice Blend
(Herbes De Provence & Ground Turmeric)

Makes 4 Servings

About 560 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min



1



Cook the pasta:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **pasta**, gently stirring to separate the noodles. Cook 9 to 11 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain thoroughly.

2



Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Peel and small dice the onion. Peel and mince the garlic. Roughly chop the capers. Finely chop the parsley leaves and stems.

3



Cook & drain the spinach:

While the pasta continues to cook, in a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Rinse and wipe out the pot.

4



Start the sauce:

In the pot used to cook the spinach, heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion, garlic and spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant. Add the **crushed tomatoes, capers, drained spinach and reserved pasta cooking water**; season with salt and pepper. Simmer, stirring occasionally, 4 to 6 minutes, or until the liquid has thickened slightly.

5



Add & flake the cod:

While the sauce cooks, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Add the seasoned fillets to the pot of sauce; season with salt and pepper. Cook, stirring occasionally to coat the cod, 6 to 8 minutes, or until the fillets are opaque and cooked through. Remove from heat. Without removing the cod from the pot, using 2 forks, carefully flake the cooked fillets into bite-sized pieces. Stir to combine; season with salt and pepper to taste.

6



Finish & serve your dish:

Stir the **cooked pasta** and **butter** into the pot of sauce and flaked cod. Return to heat and cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Remove from heat and season with salt and pepper to taste. Divide between 4 dishes. Garnish with the **parsley**. Enjoy!