



One-Pot Oven Roasted Mexicali Cod

Recipe inspired by Chef Brad Miller

6 mini (2-1/2 to 3 inch) sweet bell peppers (red, yellow, orange)

1/4 cup avocado oil

1 medium onion, peeled, thinly sliced

1/2 teaspoon (each) ground cumin; coriander; Epazote; salt

1/4 teaspoon ground black pepper

4 cloves garlic, minced

1/2 cup cherry tomatoes halved

3 to 4 pieces (6 oz) wild caught cod

1/4 cup white wine or white grape juice

Lemon Sour Cream:

1 cup sour cream

1 teaspoon lime juice, 1/2 teaspoon grated lime zest

Tomato salsa as desired

Garnish: Cilantro leaves as desired

Serve with black beans/corn combo, lightly charred cherry tomatoes, cilantro sprigs

1. Preheat oven to 375 degrees F.
2. Remove seeds and top from mini peppers, cut into lengthwise thin strips.
3. In a large skillet or cast-iron pan heat oil until hot; stir in peppers and lightly sauté; add onion; sauté to sweat onions.
4. In a small bowl, combine spices, cumin, coriander, Epazote, salt, black pepper. Add spices and garlic to onions. Sauté until spices are fragrant.
5. Add cherry tomatoes and pieces of cod; pour wine or grape juice over the cod; bring to a simmer.
6. Place oven safe cover on simmering pan; place in preheated 375-degree F. oven for about 15 minutes or until cod tests 145 degrees F. doneness. Note: The timing will depend on the thickness and type of fish.

Prepare Lime Sour Cream:

In a small serving container, combine sour cream, lime juice, and lime zest. Garnish with a spoonful of salsa and a cilantro leaf.

For Serving: Cod can be served in the cast iron skillet or on a dinner platter. Garnish the platter with black beans/corn combo, charred cherry tomatoes, cilantro leaves and cilantro sprigs. Serve with prepared lime sour cream and flatbread as desired for dipping up the delicious sauce.

Recipe Inspired by: Brad Miller recipe for basil flavored, *One-Pot Oven Roasted Halibut* For original recipe see: <https://www.hallmarkchannel.com/home-and-family/recipes/brad-miller-one-pot-oven-roasted-halibut>

About the Recipe: Simple and easy to make, this Mexican styled one-pot dinner bakes in about 15 minutes. The sweet pepper spicy sauce is perfect for teaming with a side of black beans or corn combo and don't forget to serve some chunky flatbread for dunking into that delicious sauce.

About the Chef: Brad Miller grew up in a Chicago suburb and loved cooking alongside his grandmother and helping his father in his butcher shop. Miller attended Scottsdale Culinary Institute's Cordon Bleu program and worked for Arizona's 5-Star Latilla. He worked in Los Angeles's Michelin-starred Patina and later become Executive Chef at L. A's Inn of the Seventh Ray. Miller is also the corporate chef and tastemaker for Five Star Senior Living, He is a celebrity television personality, appearing on such channels as *VH1, NBC, FOX, Food Network, Cooking Channel, PBS, Tasted Channel* and *Hallmark Channel, and Food Truck Nation on the Cooking Channel.*

For More Information See: <https://www.chefbradmiller.com/about>