

JUMP TO RECIPE

Roasted Spanish-Style Cod With Chorizo and Chickpeas

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	15 mins	30 mins	4 servings

NOTE

This recipe calls for cod, but you can use any firm, meaty white fish fillets such as haddock or halibut if cod is unavailable.

Tomatoes in puree, often sold in small boxes by Italian brands like Pomi, is preferred here. If you can't find it, swap it for a 10-ounce can of plain tomato sauce or 1/2 cup diced tomatoes with juice.

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 (15-ounce) can chickpeas, drained and rinsed
- 3/4 cup jarred roasted red peppers, roughly chopped
- 1/2 cup chopped tomatoes in puree
- 3/4 teaspoon salt, divided
- Freshly ground black pepper
- 4 (5 to 6-ounce) skinless cod fillets, 1 to 1 1/2 inches thick
- 4 ounces Spanish-style chorizo
- 2 tablespoons chopped parsley or basil, optional

Method

1. Preheat the oven to 400°F.
2. Assemble the bean base:
Brush a medium baking dish (8x8-inches or similar) with 1 tablespoon of the olive oil. Combine the chickpeas, roasted red peppers, and tomatoes in the greased baking dish. Stir and season with 1/4 teaspoon of the salt and a few grinds of pepper.
3. Prepare the cod and chorizo:
Season the cod fillets on both sides with the remaining 1/2 teaspoon of salt and plenty of pepper. Arrange the fillets evenly on top of the bean mixture in the baking dish.
Make a shallow slit in the casing along the length of the chorizo to make it easier to remove. Peel off the papery casing and discard. Cut the chorizo into 1/4-inch cubes and scatter them over the cod. Drizzle the remaining 1 tablespoon olive oil over the fish.
4. Bake:
Bake until the chorizo is crispy, the bean mixture is bubbly, and the fish registers 140°F on an instant-read thermometer when inserted into the center of the thickest fillet, 15 to 20 minutes. Sprinkle with the fresh herbs, if using, and serve.

This dish is best eaten fresh, so plan accordingly.

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Nutrition Facts (per serving)			
446	21g	21g	42g
CALORIES	FAT	CARBS	PROTEIN