



### Cajun Roasted Cod

#### Ingredients:

- 1 each 4 ounce piece of Cod or other white fish (thin)
- 1 each Onion Slice
- 2 each Tomato Slice
- 4 each Bell Pepper Slice
- 2 TB. Canola Oil
- 1 tsp. Cajun Spice Mix
- ½ oz. Herb Oil (optional)
- 3 oz. Saffron Rice (optional)

#### Directions:

Preheat oven to 400F. Brush baking sheet with 1 TB. of canola oil. Lay onion, tomato and green bell pepper slices on oiled pan. Mix 1 TB. Of canola oil and Cajun spice together. Rub spice/oil mix all over salmon. Place salmon on top of vegetable slices. Roast at 400F for 10 minutes. Serve.