

**MSC Wild Twists - Italy**  
**Baked cod with almonds**

**Serves 4**

**Ingredients**

4 cod fillet steaks, weighing 225g each  
1 cup plain bread crumbs (100g)  
20 almonds  
50g butter  
50g prosciutto , baked until crispy  
10 Gaeta olives, pitted  
1 sprig fresh rosemary  
2 sprigs fresh thyme  
2 cherry peppers - fresh or from a jar  
1/2 tsp dried chilli flakes  
50g grated pecorino cheese  
salt & pepper  
25g butter, melted

**Method**

Pre-heat the oven to 200C

In a food processor put the bread crumbs, almonds, butter and crispy prosciutto. Mix for 15 seconds

Add the olives, rosemary, thyme, cherry peppers, chilli flakes, pecorino, salt and pepper, and mix for 10 seconds

Brush a baking tray with the melted butter

Place the cod in the baking tray, and spread the breadcrumb mix evenly over the fish

Bake for 20-25 minutes depending on the thickness of the cod. Serve hot.

**Serve with**

Warm green bean and cherry tomato salad

Sauteed new potatoes