



## Habanero Garlic Cod

**Serves 4**

### **Ingredients:**

4 6+Oz Fresh Cod Fillets  
1/2 Cup Panko Breadcrumbs  
1/2 Bunch Parsley, Chopped  
2 Tbsp Mayonnaise  
1 Tbsp Dijon Mustard  
2 Tsp Habanero Garlic Pepper  
Pinch of Salt  
Drizzle of Olive Oil  
4-6 Cups of Fresh Kale  
2 Tbsp Olive Oil  
3 Garlic Cloves, Minced  
1 Lemon, Juiced  
1 Cup Cherry Tomatoes, Halved  
1 Red Onion, Sliced

### **Preparation:**

Preheat oven to 400°.

On a dinner plate mix together the parsley, Habanero Garlic Pepper and Panko breadcrumbs.

In a small bowl combine the mayo and mustard.

Season the cod on both sides with a little bit of salt. Brush the tops of the cod fillets with the mayo/mustard mixture and dip that side into the breadcrumb mixture, using hands to press down a bit to help it stick.

Place cod fillets on a olive oil sprinkled cookie sheet breadcrumb side up. Bake for 15-20 minutes depending on how large your fillets are.

While the fish is baking lets cook our kale. In a large skillet add the 2 tbsp olive oil, red onion and garlic, sauté till softened. Add kale with a pinch of the Habanero Garlic Pepper. Sauté till just wilted and then add the lemon juice.

Serve the cod on top of the kale mixture with the cherry tomatoes on top. I also added a little parmesan cheese.

Enjoy!