

Steamed Cod with Gingered Tomatoes



PREP TIME : 5 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- **PAM[®] Original Cooking Spray**
- **4 boneless cod fillets (each about 6 oz/ 175 g)**
- **2 cups (500 mL) grape tomatoes, halved lengthwise**
- **1 cup (250 mL) VH[®] Sweet & Sour Sauce**
- **1/4 cup (60 mL) fresh cilantro or basil, coarsely chopped**
- **4 tsp (20 mL) minced fresh ginger**

Directions :

- 1. Preheat oven to 375°F (190°C), spray 4 large sheets of foil with PAM[®] Original Cooking Spray, foil should be large enough to hold 1 piece of fish.**
- 2. On the middle of each piece of foil place 1/2 cup (125 mL) tomatoes, 1 tsp (5 mL) fresh ginger, 1 piece of fish and cover with 1/4 cup (60 mL) of VH[®] Sweet & Sour Sauce. Sprinkle each filet with 1 tbsp (15 mL) cilantro.**
- 3. Close up foil packages and cook in oven on lowest rack until fish flakes easily with a fork, about 15 minutes. Serve immediately.**