



Hot Cod

Ingredients

- 4 pieces (12 oz) wild cod (or other white fish)
- Seasoning: sea salt and chili powder
- 10 (or more) halved Cherry tomatoes
- 4 jalapeño peppers
- Palm or coconut oil

*Warning: must be able to handle spicy foods!



Directions

1. Coat pan with palm or coconut oil.
2. Coat cod in salt and chili powder.
3. Add to pan.
4. Cook 8-12 minutes on medium heat; flip the cod twice and serve!