



**FILETTO DI MERLUZZO  
(Baked Fillet of Dried Cod)**

**Ingredients:**

- 500 grams of dried cod, already soaked
- Extra virgin Olive oil
- 2 cloves of garlic
- Salt and pepper
- Parsley
- 1 ripe tomato
- 1 tablespoon of breadcrumbs

**Directions:**

Put a little oil in a large baking dish. Place the fillet, covered with breadcrumbs, salt and pepper and the minced garlic in the dish. Finally, dice the tomato and cover the fish with it. Then, cover the fish and the mixture of breadcrumbs and tomatoes with the chopped parsley.

Bake in the oven at 200° (Celsius) for 20 minutes.