



Baked Lemon Butter Cod



Ingredients:

- 4 cod fillets (about 6 oz each)
- 3 TBLs unsalted butter, melted
- 2 TBLs olive oil
- 3 cloves garlic, minced
- 2 TBLs fresh lemon juice
- 1 tsp lemon zest
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp paprika
- 2 TBLs chopped fresh parsley
- Lemon slices, for garnish

Method:

1. Preheat oven to 400°F. Lightly grease a baking dish.
2. In a small bowl, whisk together melted butter, olive oil, garlic, lemon juice, lemon zest, salt, pepper, and paprika.
3. Place cod fillets in the prepared baking dish. Pour the lemon butter mixture evenly over the fillets.
4. Bake for 12-15 minutes, or until the fish flakes easily with a fork.
5. Remove from oven, sprinkle with chopped parsley, and garnish with lemon slices before serving.

Notes

- Use fresh cod for best flavor, but frozen fillets (thawed) work well too.
- This dish pairs well with steamed vegetables, rice, or a fresh salad.
- Adjust lemon and garlic to taste if you prefer a more tangy or garlicky flavor.