

Crispy Baked Cod with Lemon Herb Butter

Enjoy a flavorful and light dish with this crispy baked cod paired with a zesty lemon herb butter sauce.



Main Dish

25 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 cod fillet
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 tablespoon butter
- 1 clove garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh parsley, chopped

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Place the cod fillet on a baking sheet, drizzle with olive oil, and season with salt and pepper.
- 3 Bake the cod for 15–20 minutes or until cooked through and crispy.
- 4 In a small saucepan, melt the butter over low heat, then add the minced garlic and cook for 1–2 minutes.
- 5 Stir in the lemon juice and chopped parsley, then remove from heat.
- 6 Once the cod is done, drizzle the lemon herb butter sauce over the top before serving.