

Honey Mustard Glazed Cod

This delightful recipe features cod fillets glazed with a sweet and tangy honey mustard sauce. It's a simple yet elegant dish that pairs perfectly with a side of steamed vegetables or rice.



25 min

Total time

Easy

Difficulty

290

kcal / serving

Nutrition per serving (estimated)

Protein 37 g

Carbs 18 g

Fat 8 g

Fiber 1 g · Sugar 16 g · Sodium 520 mg

Ingredients

- 1 cod fillet (about 6 oz)
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 1/2 tbsp olive oil
- 1/2 lemon, juiced
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Substitutions

Cod fillet – Haddock fillet of similar thickness

Dijon mustard – Smooth whole-grain mustard

Fresh parsley – Fresh chives, chopped

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 In a small bowl, mix together honey, Dijon mustard, olive oil, and lemon juice.
- 3 Season the cod fillet with salt and pepper and place it in a baking dish.
- 4 Pour the honey mustard mixture over the cod, ensuring it is evenly coated.
- 5 Bake in the preheated oven for about 12–15 minutes, or until the fish flakes easily with a fork.
- 6 Garnish with fresh parsley before serving.

Chef's tips

- Look for opaque flesh that separates into moist flakes; the surface should be glossy with glaze, not dry or chalky.
- Use a snug baking dish so the honey-mustard glaze stays around the fillet instead of spreading thinly.
- Chop the parsley just before serving for a fresher color and aroma.

Drink pairing

A crisp, unoaked Sauvignon Blanc

Its bright acidity complements the lemon and mustard while balancing the honey's sweetness.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the fish may become firmer when reheated.

Frequently asked questions

How can I tell when the cod is done?

It should look opaque throughout and separate into moist flakes with gentle pressure from a fork.

Can I prepare the glaze ahead?

Yes. Mix it shortly ahead and refrigerate it in a covered container; stir again before using.

What sides go well with this cod?

Steamed vegetables or rice complement the sweet-tangy glaze without competing with it.