

Lemon Herb Baked Cod

This Lemon Herb Baked Cod is a light and flavorful dish that brings out the natural richness of the fish. Infused with fresh herbs and a zesty lemon dressing, it's perfect for a quick and healthy meal.



Main Dish

20 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 cod fillet (6 oz)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 lemon slice (for garnish)
- Fresh parsley (for garnish)

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 In a small bowl, mix together olive oil, lemon juice, garlic powder, oregano, thyme, salt, and pepper.
- 3 Place the cod fillet on a baking sheet lined with parchment paper.
- 4 Brush the herb mixture generously over the cod fillet.
- 5 Bake in the preheated oven for 12-15 minutes, or until the fish flakes easily with a fork.
- 6 Remove from the oven, garnish with a lemon slice and fresh parsley before serving.