

# Lemon Herb Pan-Seared Cod

A light and flavorful main dish featuring tender cod fillet pan-seared with fresh herbs and a zesty lemon butter sauce. Perfect for a healthy and satisfying meal.



Main Dish

**20 min**

Total time

**Easy**

Difficulty

**280**

kcal / serving

## Ingredients

- 1 cod fillet (about 150g)
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1 garlic clove, minced
- 1 tsp fresh parsley, chopped
- 1 tsp fresh thyme leaves
- Juice of 1/2 lemon
- Salt and pepper to taste

## Steps

- 1 Pat the cod fillet dry and season both sides with salt and pepper.
- 2 Heat olive oil in a non-stick skillet over medium heat.
- 3 Add the cod fillet and cook for 3-4 minutes on one side until golden and crisp.
- 4 Flip the cod and add butter, garlic, parsley, and thyme to the pan.
- 5 Spoon the melted butter and herbs over the fish as it cooks for another 3-4 minutes until fully cooked and flaky.
- 6 Remove the cod from heat and squeeze lemon juice over the top.
- 7 Serve immediately with your choice of side.