

Baked Cod with Lemon + Parsley

Holy Moly this fish is Guuuuudddd!

If you like lemon this dish is for you. Sometimes I add veggies to this dish by sautéing some mushrooms and peppers along with the garlic, then add it all to the baking dish.

Directions

Makes 4-5 small servings

Preheat oven to 400°F. Press the cod pieces with paper towels to dry them well. Mix the spices together on a plate and spread out. Press each cod fillet into the spice mix on each side to create a spice crust. Set them aside.

Heat a pan to high heat and add the avocado oil. Sear the cod fillets till golden on each side but not cooked through. Maybe 1 minute on each side. Place the seared filets in a baking dish. In the same pan add the garlic and sauté until soft. About 3 minutes. Add to the baking dish.

Mix the lemon juice, olive oil, and butter together and pour over the fish in the baking dish. Bake in the oven about 7 minutes or until the fish is just beginning to pull apart. Remove the dish from the oven and sprinkle the parsley over the dish.

This is great served with a whole grain that will absorb the delicious broth. My favorite is quinoa! ■

Ingredients

- 1 lb cod, cut into 4-5 small pieces
- 1 tablespoon avocado oil
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon sweet paprika (or hot!)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2-3 cloves minced garlic
- 1/2 cup mushrooms, quartered (optional)
- 1 red bell pepper, large diced (optional)
- 1/3 cup lemon juice
- 2 tablespoons olive oil (your good stuff)
- 2 tablespoons melted butter
- 1/4 cup chopped parsley