

Baked Garlic and Lemon Cod



SHORT STORY

The fish plays a background role and allows the lemon and garlic to perform a full taste bud takeover. The smell alone wafting through the house will entice the whole family down to dinner.

**TIME**

20 Min

**SERVES**

4 people

**COOK**

Oven

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INGREDIENTS

- 4 (6-ounce) boneless, skinless cod fillets
- 1/2 Tbsp. butter
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 2 Tbsp. lemon juice
- salt, to taste
- pepper, to taste

INSTRUCTIONS

1. Preheat your oven to 400°F. Lightly spray the baking dish you will use for the fish with cooking spray.
2. Remove the cod fillets from their wrapping and gently pat dry before placing them into the baking dish.
3. Sprinkle salt and pepper over both sides of the fish and set the baking dish aside.
4. Heat a small sauce pan to medium low and add the butter and olive oil. Once melted, add the garlic to the pan and let it sauté for about 1 minute before drizzling in the lemon juice.
5. Remove the pan from heat and pour the lemon-garlic sauce over the fish.
6. Bake uncovered for 12-15 minutes, or until you can easily flake the fish apart with a fork. Serve over a bed of quinoa and your side salad of choice!