



# Lemon Garlic Cod



Servings

4 persons



Cooking time

15 Minutes



Calories

293

## Ingredients:

- 400 g Frozen Wild Cod Fillet Canada IQF MSC
- ½ tsp garlic powder
- Salt and pepper, to taste
- 2 tbsp olive oil
- 2 tbsp butter
- 1 lemon, cut into wedges



Product item number: 26119



## Cooking Steps:

- 1 Preheat the oven to 350°F (175°C).
- 2 Pat the cod filets dry with paper towels to remove excess moisture.
- 3 Season both sides of the cod filets with salt, black pepper, and garlic powder. Set aside for a few minutes to allow the flavors to meld.
- 4 Place a large skillet over medium-high heat. Add the olive oil and let it heat up until it shimmers.
- 5 Add the butter to the skillet. Once the butter has melted and is beginning to foam, add the minced garlic. Sauté for about 30 seconds.
- 6 Carefully place the seasoned cod filets into the skillet. Cook for about 3 to 4 minutes on each side, or until the cod is golden brown and easily flakes with a fork.
- 7 While cooking, you can spoon some of the garlic butter from the skillet over the top of the cod to keep it moist and flavorful.
- 8 Transfer the skillet with the cod to the preheated oven. Bake for an additional 5 to 7 minutes.
- 9 Remove the skillet from the oven and squeeze fresh lemon juice over the cooked cod filets.
- 10 Serve and Enjoy!

