

YIELD: 2 PEOPLE

Baked Cod (The Best Recipe!)

Easy baked cod with 4 ingredients: lemon, olive oil, salt and cayenne pepper. This oven baked cod fillets are moist and juicy and takes 5 mins prep time!



PREP TIME

5 minutes

COOK TIME

10 minutes

TOTAL TIME

15 minutes

INGREDIENTS

- 1 lb (0.4kg) cod fillets, rinsed and pat dry
- 1/4 teaspoon salt
- 1 tablespoon lemon juice, freshly squeezed
- 3 dashes cayenne pepper
- 1 1/2 tablespoons olive oil
- 1 tablespoon chopped parsley

INSTRUCTIONS

1. Preheat oven to 400F.
2. Arrange the cod fillets in baking tray. Drizzle the olive oil onto the fish, follow by lemon juice, salt and cayenne pepper.

3. Bake the cod in the oven for 10 - 12 minutes, depends on the thickness of the cod. Garnish with parsley and serve immediately.

NOTES

Watch the cooking video on this page for step-by-step guide.

Nutrition Information

Yield 2

Serving Size 1

Amount Per Serving

Calories 331

Total Fat 12g

Saturated Fat 2g

Trans Fat 0g

Unsaturated Fat 9g

Cholesterol 125mg

Sodium 444mg

Carbohydrates 1g

Fiber 0g

Sugar 0g

Protein 52g

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