

BAKED COD

INGREDIENTS

- 1 lb. (0.4 kg) cod fillets, rinsed and pat dry
- ¼ tsp. salt
- 1 tbsp. lemon juice, freshly squeezed
- 3 dashes cayenne pepper
- 1½ tbsp. olive oil
- 1 tbsp. chopped parsley



PREPARATION

1. Preheat oven to 400°F.
2. Arrange the cod fillets in a baking tray and drizzle the olive oil onto the fish, followed by lemon juice, salt and cayenne pepper.
3. Bake the cod in the oven for 10 - 12 minutes, depending on the thickness of the cod.
4. Garnish with parsley and serve immediately.

