

OVEN ROASTED COD



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY
Cod Fillets	1 Lb.
Olive Oil	1 Tbsp.
Salt	1 Pinch
Black Pepper	1 Pinch



PREPARATION

- 👉 Preheat oven to 400°F (204°C).
- 👉 Lightly grease a baking dish with olive oil.
- 👉 Place cod fillets in the dish and brush with remaining olive oil.
- 👉 Season evenly with salt and black pepper.
- 👉 Bake for 12-15 minutes, or until the cod flakes easily with a fork.
- 👉 Remove from oven and serve immediately. Enjoy!