

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!