



LEMON HERB DIJON COD WITH ROASTED CARROTS



INGREDIENTS

ITEM	QUANTITY
• Cod Fillet	5 oz
• Carrots, Sliced	1 cup
• Olive Oil	1 tbsp
• Dijon Mustard	1 tsp
• Lemon Juice	1 tsp
• Dried Parsley (or Italian Seasoning)	½ tsp
• Salt and Pepper	

SERVING SIZE 4



PREPARATION

- Preheat oven to 400°F and line a baking sheet with parchment paper
 - Toss carrots with half the olive oil, salt, and pepper. Spread on the baking sheet and roast for 10-12 minutes.
 - While carrots roast, mix Dijon mustard, lemon juice, parsley, and a pinch of salt in a small bowl.
 - Pat the cod dry and brush the Dijon mixture evenly over the top.
- Remove baking sheet from the oven, push the carrots to the side, and add the cod fillet.
- Return to the oven and bake for 10-12 minutes, or until the fish flakes easily with a fork.
- Serve cod with roasted carrots and an extra squeeze of lemon if desired.