

lemon garlic baked cod

Makes 4 servings

RECIPE ADAPTED FROM: [Budget Bytes](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

2 Tbsp butter or ghee (room temperature)

2 Tbsp avocado oil

4 large cloves garlic, minced

1 Tbsp fresh dill weed or 1 tsp dried dill

¼ tsp paprika

¼ tsp salt

4 4-6 oz filets of cod

1-2 lemons

PREHEAT the oven to 400°F.

COMBINE the butter/ghee, oil, garlic, dill, paprika and salt in a small bowl. Stir until it forms a fairly smooth paste.

ADD the cod filets to a baking dish. Then add the garlic butter mixture on top of the fish, spreading it until the fish is evenly coated.

CUT half of the lemon into slices and lay them on top of the fish. Cut the remaining lemon into wedges for serving.

BAKE the cod for 15-20 minutes, or until it flakes easily with a fork and the internal temperature reaches 145°F or 63°C. (Total baking time will depend on the thickness of the filets and the material of your baking dish.)

SPOON any juices from the bottom of the pan over the fish. Serve the cod immediately with the remaining fresh lemon wedges for squeezing juice over top.

