Baked Cod

Published: Dec 5, 2019 · Modified: Jan 4, 2022 by
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Easy **baked cod recipe** with lemon, olive oil, salt and cayenne pepper. One of the best **cod recipes** baked in the oven. Moist, juicy with 5 mins prep time. So good!

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Baked Cod Recipe

Cod is my favorite fish, other than sea fish and tilapia recipes.

Oven baked cod is one of the best fish recipes and the end result is always juicy and moist.

As cod fishes have very mild flavor, you only need a few ingredients such as lemon to take the fish.

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Watch the Video!

This simple and healthy recipe is so easy and calls for 4 seasonings and takes only 5 minutes prep time.

It's a great dinner idea for those busy weeknights!

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Ingredients for Cod Fish Recipes

- Fresh or frozen cod.
- Olive oil.
- Lemon juice.
- Cayenne pepper.

How to Bake Cod?

To bake cod fillets in an oven, first you need a baking tray. I love using a glass baking tray.

You can also line a piece of aluminum foil on a baking sheet and place the fish on top of it before baking.

The perfect temperature for baking cod fish is 400°F or 205°C.

How long to bake cod? The answer is 10 – 12 minutes and depends on the thickness of the cod.

DO NOT overcook the fish fillets or they will turn dry and rubbery.

Can I Use Frozen Cod Fillets?

Yes. Thaw the frozen cod fillet at room temperature before cooking.

Make sure you pat dry the fish fillets to remove excess water from the fish.

Frequently Asked Questions

Is It Healthy?

This recipe is healthy as cod fish is very low in fat, rich in lean protein and loaded with vitamin B-12, B3 (Niacin) and B6.

It has a lot of health benefits such as promoting heart wellness and brain functions. It's also low in mercury.

How Many Calories per Serving?

This baked cod fish is only 283 calories per serving.

What to Serve with This Recipe?

Serve this dish with side dishes such as boiled potatoes, for a healthy meal and easy weeknight dinner, I recommend the following recipes.

BOILED POTATOES · MASHED POTATOES · TOMATOES PARSLEY

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