

Recipe of the Week ~ June 25, 2020

Simple Baked Cod

Easy baked cod with 4 ingredients: lemon, olive oil, salt and cayenne pepper. This oven baked cod fillets are moist and juicy and takes 5 mins prep time!

Ingredients

- 1 lb cod fillets, rinsed and pat dry
- 1/4 teaspoon salt
- 1 tablespoon lemon juice, freshly squeezed
- 3 dashes cayenne pepper
- 1 1/2 tablespoons olive oil
- 1 tablespoon chopped parsley

Instructions

Preheat oven to 400F.

Arrange the cod fillets in baking tray. Drizzle the olive oil onto the fish, follow by lemon juice, salt and cayenne pepper.

Bake the cod in the oven for 10 - 12 minutes, depends on the thickness of the cod.

Garnish with parsley and serve immediately.

Serve with Marie-Pierre Manciat's Pouilly-Fuissé



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