JANE SMITH LIFESTYLE

Brown Butter Lemon Herb Cod

Prep: 10 minutes | Cook: 18 minutes | Serves: 4



Brown Butter Lemon Herb Cod is one of those dinners that tastes like more effort than it actually takes — built around cod fillets and garlic.

Ingredients

- 4 cod fillets
- 3 tbsp butter
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tsp fresh thyme
- 1 tsp Italian seasoning
- Salt
- Black pepper
- Fresh parsley
- Lemon wedges
- Paprika

Directions

1. Preheat oven to 400°F.
2. Brown the butter in a small saucepan.
3. Stir in garlic, lemon juice, zest, thyme, and Italian seasoning.
4. Place cod in a greased baking dish.

5. Brush with the brown butter mixture.
6. Sprinkle lightly with paprika.
7. Bake 15–18 minutes until the fish flakes easily.
8. Garnish with parsley and lemon wedges.

Jane's Note

Want to switch it up? Substitute halibut.

Can I make this ahead? Prepare the brown butter mixture one day ahead. Can I keep leftovers? Refrigerate for up to 2 days.

Storage: Refrigerate for up to 2 days.

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