

How to Prepare Baked Cod

Difficulty Level:



Yield: 2 Servings

This recipe is as easy as it gets! Wrap all the ingredients in a foil pouch, bake for 8 minutes, and you will have perfectly cooked fish and sauce to pour over rice.

Ingredients:

- 2 each Cod Fillets (thawed)
- Spray Release as needed
- Salt and Pepper to taste
- 2-3 Tsp. Fresh Dill Leaves (chopped)
- 2 Tsp. Unsalted Butter
- 2 Lemon Wedges

How to prepare the fish

1. Preheat oven to 350° F (180° C).
2. Pull out 2 sheets of aluminum foil approximately 12" x 18".
3. Lay the foil with the long edge facing you and spray the bottom of the foil with the spray release (or butter it if you must!)
4. Pat the [Cod Fillets](#) in paper towels to dry off excess liquid.
5. Lay one fillet with tips from 3:00 to 9:00 in the center of each prepared foil.
6. Season with the Salt and Pepper
7. Sprinkle 1-1 ½ tsp of the chopped Dill over the tops of each fillet.
8. Place 1Tsp. of Butter in pieces over each fillet.
9. Squeeze a Lemon Wedge over the top and drop the wedge onto the foil.
10. Bring the long sides of the foil up over the fillet and press together in your fingers like the top of a bag and fold the top over to seal the foil and crimp with your fingers.
11. Repeat the process again with a second fold.
12. Push the ends of the foil down and roll inward to seal the pouch. Place these on an oven-safe metal pan and bake until the internal temperature of the fish is a minimum 140° F (60° C), about 8 minutes.
13. CAREFULLY unwrap the foil pouches (watch out for steam!) to check the temperature. Re-seal and place back in oven if undercooked.

How to assemble your dish

1. Gently remove the fish to a plate with a spatula and pour all the juices over the top.
2. Suggestions would be to serve this with Jasmine Rice to soak up all the leftover sauce, and a vegetable of your choice.