

MORTON & BASSETT SPICES®

Creole Cod



- 1 large filet cod, quartered
- 2 teaspoons Morton & Bassett Creole Seasoning
- 2 tablespoons olive oil
- ½ lemon, juiced
- ½ teaspoon flakey salt
- 1 small bunch cilantro, chopped

Season the cod filet with M&B Creole Seasoning. Heat olive oil in a pan and add the cod (cut it into smaller filets if needed). Cook the cod for 4-5 minutes per side, carefully flipping the filets. Serve the filets over a bed of rice. Top with lemon juice, cilantro, and flakey salt.

Servings: 4 | Time: 20 minutes



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