



F r e s h S p i c e d O v e n C o d



4 Servings



20 minutes

Ingredients :

- 4 cod fillets (6 oz each)
- 1teaspoon paprika
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon garlic powder
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper



Instructions :

1. Preheat your oven to 375°F.
2. Pat cod fillets dry with paper towels .
3. Mix all spices together in a small bowl .
4. Rub olive oil over each fillet .
5. Sprinkle the spice mixture evenly on both sides .
6. Place the fillets in a baking dish and drizzle with lime juice .
7. Bake for 15-18 minutes ,until the fish is opaque and cooked through