



Garlic Butter Pan - Fried Cod



4 Servings



20 minutes

Ingredients :

- 4 cod fillets (6 oz each)
- 4 tablespoons butter
- 5 cloves garlic (minced)
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1teaspoon fresh thyme
- Lemon wedges for serving



Instructions :

1. Pat cod fillets dry completely .
2. Season both sides with salt and pepper , then lightly coat each fillet with flour .
3. Heat butter in a large skillet over medium heat .
4. Add minced garlic and thyme to the butter .
5. Place fillets in the skillet carefully .
6. Cook for 4 minutes on each side until golden .
7. Spoon garlic butter over the fish while cooking and serve with lemon wedges .