



Honey - Garlic Black Cod



4 Servings



15 minutes

Ingredients :

- 4 black cod fillets (6 oz each)
- 3 tablespoons honey
- 4 cloves garlic (minced)
- 2 tablespoons soy sauce
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 1/4 teaspoon red pepper flakes
- Salt to taste



Instructions :

1. Pat black cod fillets dry with paper towels .
2. Season both sides with salt .
3. Melt butter in a large skillet over medium heat .
4. Add garlic and cook for 30 seconds until fragrant .
5. Place fillets in the skillet skin-side down .
6. Mix honey , soy sauce , lemon juice , and pepper flakes and pour the mixture over the fish .
7. Cook for 5 minutes , flip , and cook another 4 minutes until glazed .