



Broiled Cod Recipe



4 Servings



23 minutes

Ingredients :

- 4 cod fillets (about 6 oz each)
- 2 tbsp olive oil
- 1tbsp fresh lemon juice
- 2 cloves garlic , minced
- 1tsp paprika
- Salt and pepper
- Cooking spray
- 1tbsp butter (optional)
- Fresh parsley
- Lemon wedges



Instructions :

1. Preheat the broiler on high for 5 minutes and move the oven rack to the second position from the top . Line a baking sheet with foil and lightly coat it with cooking spray .
2. Pat cod fillets completely dry and let them sit at room temperature for 10 minutes . Check for bones and remove if needed .
3. Mix olive oil , lemon juice , garlic , paprika , salt , and pepper in a small bowl to form a paste . Brush the mixture evenly over the top of each fillet .
4. Broil for 5 minutes , then carefully flip the fillets . Brush with remaining seasoning paste and broil for another 3–4 minutes until the internal temperature reaches 145°F and the fish flakes easily .
5. Remove from oven and rest for 2 minutes . Top with a small pat of butter , sprinkle parsley , and serve with lemon wedges .