



## *Baked Cod*



### **Ingredients:**

- 1 lb cod fillets, rinsed and pat dry
- ¼ teaspoon salt
- 1 tablespoon lemon juice, freshly squeezed
- 3 dashes cayenne pepper
- 1 ½ tablespoons olive oil
- 1 tablespoon chopped parsley

### **Method:**

1. Preheat oven to 400F.
2. Arrange the cod fillets in baking tray. Drizzle the olive oil onto the fish, follow by lemon juice, salt and cayenne pepper.
3. Bake the cod in the oven for 10 - 12 minutes, depends on the thickness of the cod. Garnish with parsley and serve immediately.