

Baked Cod Recipe with Lemon and Garlic

Best baked cod recipe out there! Prepared Mediterranean style with a few spices and a mixture of lemon juice, olive oil and lots of garlic. Bakes in 15 mins!



4.77 from 1529 votes

Prep Time	Cook Time	Total Time
10 mins	12 mins	22 mins

Course: Entree Cuisine: Greek Servings: 5 people (up to) Calories: 319.3kcal
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Ingredients

- 1.5 lb Cod fillet pieces, 4-6 pieces
- ¼ cup chopped fresh parsley leaves

Lemon Sauce

- 5 tablespoon fresh lemon juice
- 5 tbsp [extra virgin olive oil](#)
- 2 tablespoon melted butter
- 5 garlic cloves, minced

For Coating

- ⅓ cup all-purpose flour
- 1 teaspoon [ground coriander](#)
- ¾ teaspoon [sweet Spanish paprika](#)
- ¾ teaspoon [ground cumin](#)
- ¾ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. Preheat oven to 400 degrees F.
2. Mix together the lemon juice, olive oil, and melted butter in a shallow bowl (do not add the garlic yet). Set aside.
3. In another shallow bowl, mix the all-purpose flour, spices, salt and pepper. Set next to the lemon sauce.
4. Pat the fish dry. Dip the fish in the lemon sauce then dip it in the flour mixture. Shake off excess flour. Reserve the lemon sauce for later.
5. Heat 2 tablespoon olive oil in a cast iron skillet (or an oven-safe pan) over medium-high heat (watch the oil to be sure it is shimmering but not smoking). Add the fish and sear on each side to give it some color, but do not fully cook (about 2 minutes on each side). Remove the skillet from heat.

6. To the remaining lemon sauce, add the minced garlic and mix. Drizzle all over the fish fillets.
7. Bake in the heated oven until the fish flakes easily with a fork (10 minutes should do it, but begin checking earlier). Remove from the heat and sprinkle chopped parsley. Serve immediately.

Notes

- **Serving suggestions:** Serve immediately with [Lebanese rice](#) and this [Mediterranean chickpea salad](#) or [traditional Greek salad](#).
- **Cook's Tip:** This recipe has been edited adding step #5 to achieve more color. Be sure to use a fish spatula to carefully turn the fish in the skillet.
- **Leftover Storage:** If you have any leftovers, let the fish cool a bit, then arrange in a shallow glass container with a tight lid. You can refrigerate for 2 to 3 days, or freeze for up to one month. My personal preference is not to freeze fish as, sometimes, the texture does change.
- [Visit our shop](#) to browse quality Mediterranean ingredients including [olive oils](#) and [spices](#).

Nutrition

Calories: 319.3kcal | Carbohydrates: 9.6g | Protein: 25.8g | Fat: 19.8g | Saturated Fat: 5g | Trans Fat: 0.2g | Cholesterol: 70.6mg | Sodium: 466.1mg | Potassium: 641.5mg | Fiber: 1.2g | Sugar: 0.5g | Vitamin A: 603.3IU | Vitamin C: 14.2mg | Calcium: 45.3mg | Iron: 1.7mg

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