

# Lemon-Garlic Baked Cod

🍽 *Servings: 4*

1/4 teaspoon fine salt

Four (1 1/2-inch thick) skinless cod filets (5 to 6 ounces each), thawed if frozen

2 teaspoons cornstarch

1/4 teaspoon freshly ground black pepper

1 lemon

1/2 cup extra-virgin olive oil

3 cloves garlic, minced or grated

Pinch of sweet paprika

Pinch of cayenne pepper (optional)



## Step 1

Position a rack in the middle of the oven and preheat to 400 degrees.

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## Step 2

Pat the cod dry, then sprinkle with the cornstarch, the remaining salt and the black pepper.

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## Step 3

Slice the lemon in half. Juice half and slice the other half into 4 wedges.

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## Step 4

In a 9-by-13-inch glass baking dish, or one of a similar size so that all of the fillets can fit in one layer with some space in between, combine the olive oil, lemon juice and garlic.

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## Step 5

Add the fish and turn to coat in the olive oil mixture. Sprinkle with the paprika and cayenne, if using. Scoop up some of the garlic and spoon it on top of the fish.

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## Step 6

Roast for 10 to 15 minutes, or until the fish flakes easily with a fork. Remove from the oven.

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## Step 7

To serve, spoon some of the pan juices over the fish, and add a lemon wedge.

Adapted from “The Wellness Principles” by Gary Deng (Phaidon, 2022).