



HUBBARD

*Family*

LEMON

COD

RECIPE



Ingredients –

- 3 tbs lemon juice
- 3 tbs butter, melted
- ½ tsp salt
- ¼ tsp paprika
- ¼ cup all-purpose flour
- ¼ tsp lemon-pepper seasoning
- 4 cod fillets (appx 6 oz each)
- 2 tbs minced fresh parsley
- 2 tsp zested lemon peel
- 1 fresh lemon (cut several thin slices)

Equipment –

- 13 x 9 baking dish coated with cooking spray
- 2 shallow bowls, measuring spoons & small dishes

Instructions –

- A - Pre-heat oven to 400; in a shallow bowl mix lemon juice & butter; in a separate shallow bowl mix flour & seasonings; dip fillets (both sides) in lemon juice mixture, then flour mixture
- B – place prepped fish in 13x9 oven dish coated with cooking spray; drizzle with remaining lemon juice mix – add several thin cut lemon sections around the fish
- C – bake 12 – 15 minutes or until just before the fish flakes easily with a fork – then broil for the last 60 seconds to bring to a bit of a golden crust
- D – garnish with parsley & serve

*Best served with bottle of chilled wine/rose wine*