



Garlic Baked Cod

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	5 MIN	15 MIN		10

Garlic baked cod is a light and healthy dish made with tender cod fillets baked in a flavorful garlic mixture. The oven cooking method keeps the fish moist and flaky while enhancing its natural taste. This easy recipe is perfect for quick dinners and healthy eating. With simple ingredients and minimal preparation, garlic baked cod delivers a clean and delicious flavor.

Ingredients

- 4 cod fillets
- 3-4 garlic cloves, minced
- 2 tablespoons olive oil or butter
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: paprika or parsley

Recipe Summary

- Prep Time: 5 minutes

- Cook Time: 12-15 minutes
- Total Time: 20 minutes
- Servings: 3-4
- Course: Main Dish
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Place cod fillets in a baking dish.
3. In a small bowl, mix garlic, olive oil, lemon juice, salt, and pepper.
4. Spoon the mixture evenly over the fish.
5. Bake for **12-15 minutes** until fish is flaky.
6. Garnish with parsley or paprika if desired.
7. Serve warm.

Cooking Tips

- Do not overcook to keep fish tender

- Use fresh garlic for best flavor
- Add lemon for freshness

Variations

- Add butter for richer flavor
- Use roasted garlic for a milder taste
- Add herbs like thyme or dill
- Add parmesan for a crispy topping

What to Serve with Garlic Baked Cod

- Rice or quinoa
- Roasted vegetables
- Salad
- Garlic couscous

Storage

Store in an airtight container in the refrigerator for up to **2 days**.

Reheating

Reheat gently to avoid drying out.

Frequently Asked Questions

How do I know cod is cooked?

It flakes easily with a fork.

Can I use frozen cod?

Yes, thaw before baking.

Is cod healthy?

Yes, it's low in fat and high in protein.

Recipe Author

Mary Thompson

Generated on: Jul 11, 2026 02:56

Downloaded from iheartgarlic.com

