



Parmesan Crusted Cod

Looking for an easy weeknight meal? This Parmesan Crusted Cod can be prepared in less than 20 minutes, but tastes like a dish you'd get at a restaurant! A family favourite fish recipe!

5 from 21 votes

Course: dinner Cuisine: American Prep Time: 10 minutes Cook Time: 10 minutes
Total Time: 20 minutes Servings: 4 servings Calories: 226kcal Author: Elysia

Ingredients

- 3/4 cup panko bread crumbs
- 1/4 cup freshly grated parmesan cheese
- 1 1/2 tsp lemon zest
- 1/2 tsp garlic powder
- 2 tbsp chopped fresh flat-leaf parsley
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tbsp olive oil
- 4 four ounce cod fillets

Instructions

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine the panko, parmesan cheese, lemon zest, garlic powder, parsley, salt and pepper. Add the olive oil and toss to combine.
3. Arrange the cod fillets on the baking sheet and season all over with salt and pepper. Divide the panko topping among the fillets, pressing lightly so that it adheres.
4. Place in the oven and bake for 10-12 minutes or until the topping is lightly browned and the fish is mostly opaque (just cooked through), with a trace of translucence in the center (cut into a piece to check). Cooking time will depend on the thickness of the fillets. Serve immediately.

Notes

*Leftover fish can be stored in the fridge for up to four days.

Nutrition

Calories: 226kcal | Carbohydrates: 9g | Protein: 24g | Fat: 10g | Saturated Fat: 2g | Cholesterol: 53mg |
Sodium: 389mg | Potassium: 490mg | Fiber: 1g | Sugar: 1g | Vitamin A: 94IU | Vitamin C: 2mg |
Calcium: 113mg | Iron: 1mg



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