GREEK · DINNER

Greek Baked Cod with Lemon and Garlic

22 min · Serves 5 · 355 kcal a serve · Video 5:54 · The Mediterranean Dish

Pescatarian · Nut-free

About 26 g of protein a serve from lean cod, rich in selenium and vitamin B12, baked in a lemon, garlic and olive oil sauce with just a light coating of seasoned flour.

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Ingredients 13 · SERVES 5

- [ ] 680 g **cod fillet**, in 4–6 pieces
- [ ] 5 tbsp **fresh lemon juice**
- [ ] 5 tbsp extra **virgin olive oil**, for the lemon sauce
- [ ] 2 tbsp **melted butter**
- [ ] 5 **garlic** cloves, minced
- [ ] 30 g **all-purpose flour**, for coating (excess shaken off)
- [ ] 1 tsp **ground coriander**
- [ ] ¾ tsp **sweet Spanish paprika**
- [ ] ¾ tsp **ground cumin**
- [ ] ¾ tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] 2 tbsp **olive oil**, to sear the fish
- [ ] 4 g chopped **fresh parsley**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. In a shallow bowl mix the lemon juice, 5 tbsp olive oil and melted butter (keep the garlic aside for now). 0:25
2. In another shallow bowl mix the flour, coriander, paprika, cumin, salt and pepper. 1:00
3. Pat the cod dry. Dip each piece in the lemon mixture, then in the seasoned flour, shaking off the excess. Keep the leftover lemon mixture. 1:50
4. Heat 2 tbsp olive oil in an oven-safe skillet over medium-high heat and sear the fish about 2 minutes a side, without cooking it through. 3:46
5. Stir the garlic into the leftover lemon mixture and drizzle it over the fish. Bake about 10 minutes, until the cod flakes easily. Scatter with parsley and serve. 4:36

> **Tip** Any firm white fish such as haddock or halibut works. Serve with rice, a Greek salad or roasted vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
355 kcal	26 g	7.2 g	0.5 g	25 g	440 mg
1,490 kJ	52% of a day	6.7 g net · 0.5 g sugars	2% of a day	5.7 g saturated	19% of a day
		3% of a day		32% of a day	

Energy from net carbs 8% · protein 29% · fat 63% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 79% · Vitamin B12 50% · Vitamin E 26% · Omega-3 24% · Vitamin K 21% · Vitamin B6 21%

Source of (10–19%) Magnesium 13% · Vitamin C 10%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=9_7nU-MCF_8, published 16 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-baked-cod-lemon-garlic