



LEMON HERB COD

INGREDIENTS:

1 ½ lbs. TEJA Cod Loins	1 Tsp Fresh Thyme, lightly chopped
2 Tbsp. Extra Virgin Olive oil	1 Tsp Fresh Parsley, lightly chopped
Juice of 2 Lemons	Sea salt
2 Cloves Garlic, crushed & finely minced	Cracked Black Pepper
	Sweet Hungarian Paprika

DIRECTIONS:

1. Preheat oven to 400 ° F.
2. Very lightly spread half of the Olive oil on a 9 x 13” glass baking dish.
3. In a separate bowl combine Lemon juice, remaining Olive oil, Garlic and chopped Herbs, place Cod Loins in mixture to coat evenly.
4. Place loins in glass baking dish and lightly season with Sea Salt, Cracked Pepper and Paprika. Pour remaining Lemon Herb mixture into dish.
5. Bake in Hot oven for 12-15 Minutes until flesh is opaque in color.
6. Serve with Jasmine Rice and Steamed Green Beans. Remember to use leftover pan juices as your sauce.