Dinner, Latin American

Baked Cod with Fresh Herb Sauce

Flaky baked cod fillets come together quickly and get topped with a vibrant blended sauce made from parsley, cilantro, garlic, onion, and lime.

20 min	220	4 g	1 g
time	calories	carbs	sugars



Gluten free | Dairy free | Nut free

Ingredients, 4 servings

- [ ] 4 (4 ounce) cod fillets
- [ ] 4 clove garlic
- [ ] 1/2 med red onion (chopped)
- [ ] 1 cup fresh flat leaf parsley (packed)
- [ ] 1 cup fresh cilantro leaves (packed)
- [ ] 1/4 tsp crushed red pepper flakes
- [ ] 1/8 tsp black pepper
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tsp lime zest
- [ ] 2 tbsp fresh lime juice
- [ ] 4 tbsp olive oil (divided use)

Method

- [ ] 1 Heat the oven to 400°F.
- [ ] 2 Set the cod fillets on a baking sheet lined with parchment paper and drizzle them with 1 tbsp olive oil.
- [ ] 3 Bake until the fish reaches an internal temperature of 145°F, about 8 to 10 minutes.
- [ ] 4 While the fish bakes, combine the garlic, red onion, fresh flat leaf parsley, cilantro leaves, crushed red pepper flakes, and black pepper in a food processor and pulse until finely chopped.
- [ ] 5 Add the red wine vinegar, lime zest, fresh lime juice, and remaining 3 tbsp olive oil, then process until smooth.
- [ ] 6 Arrange the cod fillets on plates and spoon the herb sauce over the top to serve.

Nutrition Facts

Per serving

Calories	220
Total fat	14 g
Saturated fat	2 g
Sodium	135 mg
Total carbs	4 g
Fiber	1 g
Total sugars	1 g
Protein	21 g

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