

Baked Cod



Serves 4 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

3 tbsp plain flour
2 tbsp olive oil
4 cod loin fillets
1 lemon, sliced
½ small bunch of thyme

1. Heat the oven to 220C/200C fan/gas 7. Tip the flour into a bowl and add some seasoning. Turn each cod fillet in the flour until evenly coated.
2. Heat half the oil in a non-stick frying pan over a medium-high heat. Add the cod and fry on each side for 2 mins or until golden brown.
3. Transfer the cod to a roasting tin. Arrange the lemon slices and thyme on and around the fish and drizzle with the remaining oil. Bake for 10 mins or until cooked through. [More](#)
4. Serve with new potatoes and baby carrots (perhaps honey glazed?)