



LEMON BAKED CODFISH

PREPARATION TIME: 15 MIN

INGREDIENTS:

- Codfish
- Salt
- Black Pepper
- Softened Butter
- Parmesan Cheese
- All-purpose Flour
- Garlic (Minced)
- Dried Basil
- Onion Powder
- Dijon Mustard
- Lemon Juice

INSTRUCTIONS:

1. Preheat oven to 400 Degrees F and lightly grease a 9 x 13 baking dish
2. Lay cod fish filets out in the prepared baking dish. Season fish with salt and pepper.
3. In a small bowl, stir together with the butter, parmesan, flour, garlic, basil, onion powder, dijon mustard, and lemon juice.
4. Top each fillet with a large spoonful of the butter mixture.
5. Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.