



Cod with Bread Crumbs

Ingredients

1. 2 eight oz skinless cod fillets 1" – 1.5" thick
2. 2 tbsp mayonnaise
3. 1 tbsp garlic powder
4. 2 tbsp butter
5. 1 tsp salt
6. 1 tsp pepper
7. 1 pinch of dried thyme
8. ½ cup panko bread crumbs
9. 1 tbsp dried parsley
10. ½ tsp lemon juice
11. 1 sliced lemon or lemon juice for flavor/garnish

Instructions

1. Preheat oven to 300 F.
2. Cover baking/cookie sheet with aluminum foil. Place wire rack on baking sheet and spray with olive oil spray or similar.
3. Over medium heat, melt butter in medium skillet.
4. Add salt, garlic and thyme, stirring, let cook for 20-30 seconds.
5. Add panko bread crumbs and ½ tsp pepper and continue to stir often until bread crumbs begin to brown (this can take 4-5 minutes or longer).
6. Pour bread crumbs into shallow dish and add parsley, mix.
7. Add mayonnaise, ½ tsp pepper and ½ tsp lemon juice to a bowl. Stir with whisk or spoon.
8. Season cod with salt and pepper.
9. Coat cod fillets on one side with mayonnaise mix.
10. Beginning with the first fillet, place mayonnaise side down in bread crumb dish, ensure crumbs stuck fully.
11. Place both fillets bread crumb side up on baking rack and cook 30-35 minutes, until internal temp reaches 140 F.
12. To ensure even cooking baking sheet should be rotated at halfway point.
13. Serve with sliced lemon or lemon juice for added flavor.

Serves: 2

Prep Time: 1 hour