

Bacon-Wrapped Cod with Lemon Butter Sauce: A Delicious Seafood Feast

Bacon-Wrapped Cod with Lemon Butter Sauce



OVEN
400°F

TIME
3 min

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Recipe Card

SAVE
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INGREDIENTS

- 4 cod fillets (about 6 oz each)
- 4 slices of bacon
- 2 tbsp olive oil
- 3 tbsp unsalted butter
- 2 cloves garlic, minced
- Juice of 1 lemon (about 3 tbsp)
- Zest of 1 lemon
- 1 tbsp chopped fresh parsley
- Salt and pepper, to taste
- Toothpicks

Instructions:

Prepare the Bacon and Cod Preheat your oven to 400°F (200°C).

Pat the cod fillets dry with paper towels and season both sides with salt and pepper.

Partially cook the bacon in a skillet or microwave until slightly rendered but still pliable.

Wrap the Cod Wrap each cod fillet with a slice of bacon and secure it with a toothpick.

Sear the Cod Heat olive oil in a large oven-safe skillet over medium-high heat. Sear the bacon-wrapped cod fillets for 2-3 minutes on each side until the bacon starts to crisp.

Finish in the Oven Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the cod is opaque and cooked through.

Make the Lemon Butter Sauce While the cod is

baking, melt butter in a small saucepan over medium heat. Add minced garlic and cook for about 1 minute until fragrant.

Stir in lemon juice, lemon zest, and parsley.

Season with a pinch of salt if needed. Keep warm until ready to serve.

Serve and Enjoy Drizzle the lemon butter sauce over the bacon-wrapped cod and garnish with additional parsley or lemon slices if desired. Serve immediately.

Tips for Perfect Bacon-Wrapped Cod:

Choose Thick Fillets: Thicker pieces of cod work best for wrapping and cooking evenly.

Partially Cook the Bacon: This ensures the bacon gets crispy without overcooking the fish.

Don't Overcook the Cod: Cod is done when it flakes easily with a fork and is opaque in the center.

Enhance the Sauce: Add a splash of white wine or a pinch of chili flakes for extra flavor.

Why This Recipe Is a Winner:

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9. Serve and : Enjoy Drizzle the lemon butter sauce over the bacon-wrapped cod and garnish with additional parsley or lemon slices if desired. Serve immediately.
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11. Partially : Cook the Bacon: This ensures the bacon gets crispy without overcooking the fish.

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13. Enhance the : Sauce: Add a splash of white wine or a pinch of chili flakes for extra flavor.
14. Why This Recipe Is a Winner: Bacon-wrapped cod is a dish that delivers both flavor and presentation. The smokiness of the bacon enhances the mild cod, while the lemon butter sauce ties everything together with a burst of freshness. It's a recipe that's sure to please even the pickiest eaters.
15. Have you tried this : Bacon-Wrapped Cod with Lemon Butter Sauce? Let me know how it turned out in the comments, and don't forget to share this recipe with friends and family! For more exciting recipes, visit [FB Recipes](#).

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