

## Easy Baked Cod and Potatoes - A One-Pan Weeknight Dinner

Baked Fish and Taters: A Crispy, One-Pan Meal Bursting with Flavor



OVEN  
**425°F**

TIME  
**35 min**

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### INGREDIENTS

- 4 skinless cod fillets (6 to 8 oz each)
- 1 ½ lbs russet potatoes, sliced into ½-inch rounds
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 4 sprigs fresh thyme + 1 teaspoon minced thyme
- 1 lemon, thinly sliced
- Salt and pepper to taste

### DIRECTIONS

- 1. Prep the Oven & Potatoes:** Preheat oven to 425°F. Toss potato slices with olive oil, garlic, minced thyme, salt, and pepper. Arrange on a lined or sprayed baking sheet in a single layer.
- 2. Roast the Potatoes:** Bake the potatoes on the lower-middle rack for 35 minutes until golden and starting to crisp.
- 3. Season the Fish:** Pat cod fillets dry and season with salt and pepper. Top with lemon slices and thyme sprigs.
- 4. Add the Fish & Bake:** Place fish fillets on top of the roasted potatoes. Return to oven and bake for 20-25 minutes until the fish flakes easily with a fork.

### SWAPS & NOTES

Use sweet potatoes for a colorful and slightly sweeter twist.  
Try rosemary or dill in place of thyme for a different flavor profile.

Add a side of green beans, asparagus, or peas for extra color and nutrition.

Prep the Oven & Potatoes Preheat oven to 425°F.

### TIPS FOR SUCCESS

Slice the potatoes uniformly for even roasting.  
Don't overcrowd the pan-everything should lay flat to crisp up nicely.  
Broil the sheet pan for the last 2 minutes for a golden finish.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-baked-cod-and-potatoes-a-one-pan-weeknight-dinner/>