

Easy Lemon Garlic Cod & Crispy Brussels Sprouts Bowl (Low Carb & Paleo)

Lemon Garlic Cod Bowls with Roasted Brussels Sprouts



OVEN
400°F

TIME
15 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

For the Cod:

For the Brussels Sprouts:

1 lb Brussels Sprouts: Trimmed and halved. 1
tablespoon Olive Oil: For roasting. Salt and Black
Pepper: To taste.

DIRECTIONS

1. Prep the : Oven:
2. Preheat your oven to 400°F (200°C). If you are using two separate racks, ensure they are positioned in the upper and lower thirds of the oven.
3. Roast the : Sprouts:
4. Start the : Brussels sprouts first, as they take longer. Toss the halved sprouts with olive oil, salt, and pepper on a baking sheet. Spread them out in a single layer (cut side down for maximum browning!). Roast for
5. 20-25 minutes
6. until crispy and tender.
7. Whisk the : Marinade:
8. While the sprouts are roasting, combine the olive oil, minced garlic, lemon juice, oregano, and salt in a small bowl. Whisk until emulsified.
9. Prepare the : Cod:
10. Pat the cod fillets dry with a paper towel (this helps the seasoning stick). Brush the cod fillets generously with the lemon garlic mixture on all sides.
11. Bake the : Fish:
12. Arrange the cod on a separate lined baking sheet. Slide it into the oven during the last
13. 10-12 minutes
14. of the Brussels sprouts' roasting time. The fish is done when it is opaque and flakes easily with a fork.
15. Assemble the : Bowls:
16. Divide the roasted : Brussels sprouts into four bowls. Top each with a cod fillet. Drizzle any remaining juices from the fish pan over the top for extra

flavor.

SWAPS & NOTES

The Fish: If you can't find cod, any firm white fish will work.

Halibut or haddock are excellent substitutes.

The Greens: Not a fan of Brussels sprouts?

You can swap them for broccoli florets or asparagus.

TIPS FOR SUCCESS

Don't Overcrowd: When roasting Brussels sprouts, give them space.

If they are too close together, they will steam rather than roast, and you'll miss out on that delicious "crunch." **Dry the Fish:** Always pat your seafood dry before adding oil or seasoning.

Moisture is the enemy of a good sear or roast.

Check the Temp: Cod is perfectly cooked at an internal temperature of 145°F.

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

Original recipe: <https://chefmaniac.com/easy-lemon-garlic-cod-crispy-brussels-sprouts-bowl-low-carb-paleo/>