

## Lemon Garlic Butter Cod Bowls with Roasted Brussels Sprouts: A 30-Minute Healthy Dinner

Lemon Garlic Butter Cod Bowls: The Healthy Weeknight Win



**OVEN**  
**425°F**

**TIME**  
**25 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1 lb Cod Fillets: Cut into 4 even pieces. Look for thick fillets for the best texture.

2 tbsp Olive Oil: For searing and moisture.

2 Cloves Garlic: Minced fresh (please, skip the jarred stuff for this one!).

1 tbsp Lemon Juice: Freshly squeezed is a must.

$\frac{1}{2}$  tsp Dried Oregano: Adds a lovely Mediterranean flair.

... tsp Salt: To enhance all those bright flavors.

1 lb Brussels Sprouts: Halved (or quartered if they are massive).

1 tbsp Olive Oil: To ensure they get crispy, not soggy.

Salt & Pepper: To taste.

Base: Cooked rice or quinoa.

Garnish: Lemon wedges and fresh parsley.

Swaps and Notes:

The Fish: If you can't find cod, halibut or tilapia work beautifully here. Even shrimp would be a great substitute using the same marinade.

The Veggies: Not a fan of sprouts? Broccoli or asparagus can be roasted using the exact same method.

The Grain: For a low-carb version, serve this over cauliflower rice or a bed of greens, much like the base of my Light Tangy Chicken Salad.

The Fat: If you want a richer flavor, swap 1 tablespoon of olive oil for melted butter when

cooking the cod.

Step-by-Step Instructions:

1. Roast the Brussels Sprouts:
2. Prepare the Cod Marinade:
3. Cook the Cod:
4. Assemble Your Bowls:

Tips for Success:

**Dry the Fish:** I can't stress this enough—moisture is the enemy of a good sear. Pat that cod dry!

**Don't Overcook:** Cod is lean and can go from perfect to tough quickly. Remove it from the heat the moment it flakes.

**High Heat for Sprouts:** If your oven runs cool, bump it up to 450°F for the last 5 minutes to get those sprouts extra crunchy.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 320 kcal

Protein: 24g

Carbohydrates: 18g (excluding rice/quinoa)

Fat: 14g

Fiber: 6g

Storage and Leftover Tips:

**Fridge:** Store leftovers in an airtight container for up to 2 days.

**Reheating:** Fish can be tricky to reheat. I suggest using a toaster oven or a skillet over low heat to avoid the "rubbery" texture that microwaves can cause.

## DIRECTIONS

1. **Roast the Brussels Sprouts:** Preheat your oven to 425°F (220°C). This high heat is the secret to getting those outer leaves crispy and caramelized. Toss your halved sprouts with 1 tablespoon of olive oil, salt, and pepper on a large baking sheet. Spread them out so they aren't crowded—crowded sprouts steam, while spaced-out sprouts roast! Bake for 20-25 minutes, flipping them halfway through.
2. **Prepare the Cod Marinade:** While the sprouts are doing their thing in the oven, whisk together the olive oil, minced garlic, lemon juice, oregano, and salt in a small bowl. Pat your cod fillets dry with a paper towel (this helps with searing) and rub the mixture all over the fish.
3. **Cook the Cod:** Heat a large skillet over medium heat. Once hot, add the cod fillets. Cook for 3-4 minutes per side. You'll know they are done when the fish is opaque and flakes easily with a fork. It should have a lovely golden-brown crust from the garlic and oil.
4. **Assemble Your Bowls:** Start with a base of rice or quinoa. Top with a piece of cod and a generous helping of roasted Brussels sprouts. Finish with a squeeze of fresh lemon and a sprinkle of parsley for that pop of color.
5. **Tips for Success: Dry the Fish:** I can't stress this enough—moisture is the enemy of a good sear. Pat that cod dry!
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8. **Serving Suggestions and Pairings:** These bowls are a complete meal on their own, but if you're hosting a dinner, I highly recommend serving a refreshing drink on the side. My Blueberry Lemonade is the perfect citrusy companion to the garlic-lemon profile of the fish.
9. If you want a more substantial spread, you could start with a small portion of Mexican Chicken and Rice Casserole for the table, though these bowls are usually plenty filling!
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17. **Leftover : Hack:** Cold leftover cod and sprouts are actually delicious chopped up inside a 3-Ingredient Egg Wrap for a high-protein breakfast the next morning!
18. **More Recipes You Will Love:** Light Tangy Chicken Salad (No Mayo!)
19. **The :** Refreshing Blueberry Lemonade
20. **Quick 3-:** Ingredient Egg Wraps
21. **Final Thoughts:** This Lemon Garlic Butter Cod bowl is proof that healthy eating doesn't have to be boring or time-consuming. It's vibrant, zesty, and brings a little bit of sunshine to your dinner table.
22. Did you try this recipe? I'd love to hear how it turned out! Leave a comment below or tag us on social media. Be sure to follow ChefManiac for more easy weeknight inspirations!

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

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