

## 20-Minute Zesty Lemon, Garlic, and Herb-Crusted Cod: A Healthy Weeknight Win

20-Minute Zesty Lemon, Garlic, and Herb-Crusted Cod Delight



**OVEN**  
**400°F**

**TIME**  
**12-15 min**

**TEMP**  
**145°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

- 4 (8-ounce) wild-caught Alaskan Cod fillets: High in protein and mild in flavor.
- 1 cup sprouted grain panko breadcrumbs: For that essential crunch.
- 1 tablespoon avocado oil: A high-heat stable fat to crisp the topping.
- 1/3 cup thick, full-fat coconut yogurt: The "secret sauce" for moisture.
- 3 tablespoons finely grated Pecorino Romano cheese: Adds a salty, umami kick.
- 1/4 cup finely chopped fresh cilantro: For an earthy, bright note.
- 1/4 cup finely chopped fresh dill: The classic companion for seafood.
- 2-3 garlic cloves: Finely grated or minced for maximum infusion.
- 1 large organic lemon: We will use both the zest and the juice.
- 3/4 teaspoon Himalayan pink salt: To enhance every ingredient.
- 1/2 teaspoon smoked paprika: For a subtle depth and beautiful color.
- 1/4 teaspoon freshly ground black pepper: Just a hint of spice.

#### Swaps and Notes:

**The Fish:** If you can't find cod, halibut or haddock are excellent substitutes. Ensure they are of similar thickness so the cooking time remains

consistent.

**The Herbs:** If you aren't a fan of cilantro, feel free to swap it for flat-leaf parsley.

**The Yogurt:** If you don't have coconut yogurt, a thick Greek yogurt works perfectly, though it will no longer be dairy-free.

**The Cheese:** For a strictly dairy-free version, use a nutritional yeast blend or a vegan parmesan.

**Step-by-Step Instructions:**

**Prep the Oven:** Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper to ensure easy cleanup and prevent the fish from sticking.

**Toast the Panko:** In a small bowl, combine the avocado oil and the sprouted grain panko breadcrumbs. Toss them thoroughly until every crumb is lightly coated. This ensures a golden-brown finish.

**Create the Herb Paste:** In a medium bowl, whisk together the coconut yogurt, Pecorino Romano, cilantro, dill, garlic, lemon zest, salt, smoked paprika, and black pepper. It should be thick and fragrant.

**Coat the Cod:** Pat the cod fillets dry with a paper towel (this is key for a good crust!). Spoon the yogurt mixture onto the top of each fillet, spreading it to the edges.

**Add the Crunch:** Press the panko mixture firmly onto the yogurt layer. The yogurt acts as a "glue" to hold that delicious crust in place.

**Bake to Perfection:** Place the fillets on the prepared baking sheet. Bake for 12-15 minutes. You'll know it's done when the crust is golden and the fish flakes easily with a fork.

**Final Touch:** Drizzle the reserved lemon juice over the hot fish just before serving for an extra burst of acidity.

**Tips for Success:**

**Dry the Fish:** I cannot stress this enough. If the fish is wet, the yogurt mixture will slide off and the crust will become soggy.

**Don't Overcook:** Fish continues to cook for a minute after it leaves the oven. Pull it out as soon as it reaches an internal temperature of 145°F.

**Freshness Matters:** Use fresh garlic and real lemons. The bottled stuff simply won't provide the same "zesty" impact.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

Calories: 310 kcal

Protein: 42g

Fat: 9g

Carbohydrates: 14g

## DIRECTIONS

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11. **Serving Suggestions and Pairings:** This cod is incredibly versatile. For a light lunch, I love pairing it with a light tangy chicken salad served on the side, or even tucking leftovers into this 3-ingredient egg wrap for a high-protein breakfast.
12. **If you are serving this for a summer dinner party,** wash it down with a glass of this blueberry lemonade or a classic margarita.
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14. **Protein:** 42g
15. **Fat:** 9g
16. **Carbohydrates:** 14g
17. **Fiber:** 2g
18. **Storage and Leftover Tips:** Store any leftover cod in an airtight container in the refrigerator for up to 2 days. To reheat, avoid the microwave as it can make the fish rubbery. Instead, place the fish in a toaster oven or air fryer at 350°F for 4-5 minutes to restore the crunch of the panko.
19. **More Recipes You Will Love:** If you enjoyed this quick and easy seafood dish, you might also love these crowd-pleasers from the Chefmaniac kitchen:
20. **Sheet :** Pan Quesadillas for a Crowd
21. **Tangy :** Chicken Salad (No-Mayo)
22. **Homemade :** Blueberry Lemonade
23. **Final Thoughts:** This Zesty Herb-Crusted Cod is proof that healthy eating doesn't have to be boring or time-consuming. It's a staple in my household, and I hope it becomes one in yours too!
24. **Did you try this recipe?** I'd love to hear your thoughts! Leave a comment below or tag us on social media with your creations. Don't forget to follow Chefmaniac for more easy, delicious recipes delivered straight to your feed.

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

Original recipe: <https://chefmaniac.com/20-minute-zesty-lemon-garlic-and-herb-crust-cod-a-healthy-weeknight-win/>