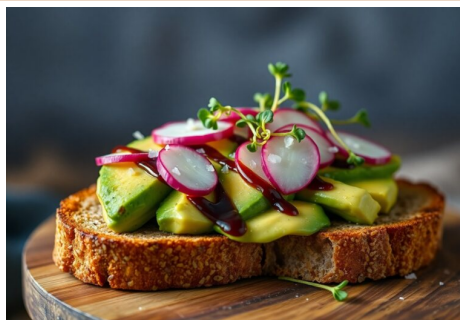


Easy Baked Lemon Garlic Cod with Crispy Roasted Brussels Sprouts

Lemon Garlic Cod Bowls with Roasted Brussels Sprouts (Fresh, Light, and So Satisfying)



OVEN
400°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 lb cod fillets, cut into 4 pieces
- 3 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- $\frac{1}{2}$ tsp dried oregano
- ... tsp salt
- 1 lb Brussels sprouts, halved
- Black pepper, to taste

DIRECTIONS

1. Preheat: Heat oven to 400°F.
2. Mix lemon garlic oil: In a small bowl, combine 2 tbsp olive oil, garlic, lemon juice, oregano, and salt.
3. Season cod: Place cod on a baking sheet and brush generously with the lemon garlic mixture.
4. Prep sprouts: Toss Brussels sprouts with remaining 1 tbsp olive oil, salt, and black pepper.
5. Roast sprouts: Arrange on a separate baking sheet and roast 20-25 minutes until crispy and browned.
6. Bake cod: Bake cod 10-12 minutes until it flakes easily with a fork.
7. Build bowls: Divide cod and Brussels sprouts into bowls and drizzle with any pan juices.

SWAPS & NOTES

Fish options: Halibut, haddock, or pollock work similarly.
Salmon works too, but bake time will be a bit longer depending on thickness.

Fresh lemon upgrade: Add lemon zest to the garlic mixture for brighter flavor.

Brussels sprouts trick: Spread them cut-side down and give them space-crowding = steaming instead of crisping.

TIPS FOR SUCCESS

Pat the cod dry first so the lemon-garlic mixture sticks and you get better flavor on the surface.
It goes from perfect to dry fast-pull it as soon as it flakes.
Brussels sprouts need more time than cod; roasting them separately keeps both perfect.
Roast them 10 minutes first, then add cod to the oven.

