

25-Minute Mediterranean Baked Cod for a Healthy Dinner

If you're looking for a light, healthy dinner packed with vibrant flavor,



OVEN
400°F

TIME
25 min

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INGREDIENTS

- 4 cod fillets (fresh or thawed if frozen)
- 2 tbsp olive oil
- Juice of 1 lemon
- 3 garlic cloves, minced
- 1 tsp paprika
- 1 tsp dried oregano
- ½ tsp salt
- ... tsp black pepper
- 1 cup cherry tomatoes, halved
- ½ cup Kalamata olives, sliced
- ½ small red onion, thinly sliced
- 2 tbsp capers
- ... cup fresh parsley or basil, chopped

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Pat the cod fillets dry with paper towels to remove excess moisture.
3. Arrange the Fish: Place the cod fillets in a baking dish in a single layer.
4. Drizzle with olive oil and fresh lemon juice.
5. Season the Cod: Sprinkle the fillets with:
6. Minced garlic
7. Paprika
8. Dried oregano
9. Salt and black pepper
10. Add Mediterranean Toppings: Scatter the following ingredients over the fish:
11. Cherry tomatoes
12. Kalamata olives
13. Thinly sliced red onion
14. Capers
15. These toppings add brightness, saltiness, and texture to the dish.
16. Bake the Fish: Drizzle a little additional olive oil over the top.
17. Bake for 12-15 minutes, or until the fish becomes opaque and flakes easily with a fork.
18. Add Fresh Herbs: Remove the dish from the oven and sprinkle with fresh parsley or basil.
19. Serve: Serve warm with your favorite grain or bread and an extra squeeze of lemon.

SWAPS & NOTES

Fish options: If cod isn't available, halibut, haddock, or tilapia are excellent substitutes.

Olives: Kalamata olives provide authentic Mediterranean flavor, but green olives work well too.

Fresh herbs: Parsley and basil both complement the dish beautifully.

Add extra vegetables: Zucchini slices, artichokes, or bell peppers make wonderful additions.

TIPS FOR SUCCESS

Choose thick fillets: Thicker pieces of cod stay juicier during baking.

Don't overcook: Fish cooks quickly.

Remove it from the oven as soon as it flakes easily.

Pat the fish dry: This helps the seasoning stick and prevents excess moisture.

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

Original recipe: <https://chefmaniac.com/25-minute-mediterranean-baked-cod-for-a-healthy-dinner/>