

Baked Cod with Lemon-Dill Sauce That Tastes Restaurant-Worthy at Home

Baked Cod with Lemon-Dill Sauce for a Fresh and Easy Seafood Dinner



OVEN
400°F

TIME
12 to 15 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Cod:

- 4 cod fillets
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt, to taste
- Black pepper, to taste
- 1 lemon, sliced

For the Lemon-Dill Sauce:

- 2 tablespoons butter
- 2 cloves garlic, minced
- 1/2 cup chicken broth or seafood broth
- 1/2 cup heavy cream or half-and-half
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons fresh dill, chopped

DIRECTIONS

1. Preheat your oven to 400°F and lightly grease a baking dish or sheet pan.
2. Pat the cod fillets dry and place them in the prepared dish.
3. Drizzle with olive oil and season with garlic powder, paprika, salt, and black pepper.
4. Lay a few lemon slices over and around the fish.
5. Bake for 12 to 15 minutes, depending on thickness, until the cod is opaque and flakes easily with a fork.
6. While the fish bakes, melt the butter in a small skillet over medium heat.
7. Add the garlic and cook for about 30 seconds, just until fragrant.
8. Pour in the broth, lemon juice, and lemon zest, then let it simmer for 2 to 3 minutes.
9. Stir in the cream and fresh dill, then season with salt and pepper. Simmer gently until slightly thickened.
10. Spoon the lemon-dill sauce over the baked cod and serve immediately.

SWAPS & NOTES

Fresh cod is wonderful here, but thawed frozen cod works very well too.

Just make sure it is fully thawed and patted dry before baking so the fish roasts instead of steaming.

Fresh dill gives the sauce its signature flavor, though dried dill can work in a pinch.

If using dried, start smaller since it can be more concentrated.

TIPS FOR SUCCESS

Fish goes from tender to dry pretty quickly, so start checking early, especially if your fillets are on the thinner side.

Patting the fish dry before seasoning helps it bake more evenly and keeps excess moisture from watering down the dish.

That one small step makes a noticeable difference.

For the best sauce, keep the heat gentle once the cream goes in.

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

Original recipe: <https://chefmaniac.com/baked-cod-with-lemon-dill-sauce-that-tastes-restaurant-worthy-at-home/>