Oven-Baked Cod with Roasted Brussels Sprouts

Healthy baked cod paired with caramelized roasted Brussels sprouts, a simple low-carb meal perfect for lean muscle maintenance.

Servings: 2 **Time:** 35 minutes

Ingredients

- 12 oz cod fillets
- 12 oz Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 lemon, sliced
- Fresh parsley, chopped (optional)

Instructions

1. Preheat oven to 400°F.
2. Toss Brussels sprouts with 1 tbsp olive oil, salt, pepper, and garlic powder. Spread evenly on a baking sheet.
3. Roast Brussels sprouts for 15 minutes.
4. Meanwhile, rub cod fillets with remaining olive oil, paprika, and a pinch of salt and pepper.
5. Remove baking sheet from oven, push sprouts to one side, and place cod on the other side.
6. Arrange lemon slices on top of cod.
7. Return to oven and bake for an additional 12-15 minutes, until cod flakes easily with a fork and sprouts are tender.
8. Garnish with fresh parsley if desired and serve immediately.

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