Lemon-Baked Cod with Steamed Broccoli

Tender cod fillets baked with fresh lemon and herbs, served alongside lightly steamed broccoli for a clean, protein-packed meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 cod fillets (6 oz each)
- 1 lemon, thinly sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried parsley
- Salt and pepper to taste
- 3 cups broccoli florets
- 1/4 cup water (for steaming broccoli)

Instructions

1. Preheat oven to 400°F.
2. Place cod fillets on a baking sheet lined with foil.
3. Drizzle olive oil over fillets, then season with garlic powder, parsley, salt, and pepper.
4. Top each fillet with lemon slices.
5. Bake for 12-15 minutes, until fish is opaque and flakes easily.
6. While cod bakes, place broccoli florets in a microwave-safe bowl with 1/4 cup water.
7. Cover bowl loosely with microwave-safe lid or plastic wrap.
8. Microwave broccoli on high for 3-4 minutes until crisp-tender.
9. Drain any excess water from broccoli.
10. Serve baked cod immediately with steamed broccoli on the side.

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