Garlic Pan-Seared Cod with Roasted Asparagus

Crispy garlic-infused cod served alongside tender roasted asparagus for a healthy, low-carb meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 30 minutes

Ingredients

- 2 cod fillets (6 oz each)
- 1 bunch fresh asparagus (about 1 lb), trimmed
- 3 cloves garlic, minced
- 2 tbsp olive oil, divided
- 1 tbsp butter
- Salt, to taste
- Black pepper, to taste
- 1 lemon, sliced for garnish

Instructions

1. Preheat oven to 425°F.
2. Place trimmed asparagus on a baking sheet, drizzle with 1 tbsp olive oil, and season with salt and pepper. Roast for 12-15 minutes until tender.
3. Pat cod fillets dry and season both sides with salt and pepper.
4. Heat 1 tbsp olive oil and butter in a skillet over medium-high heat.
5. Add minced garlic to the hot pan and sauté for 30 seconds until fragrant.
6. Add cod fillets to the pan and cook for 4 minutes on the first side without moving.
7. Carefully flip the fillets and cook another 3-4 minutes until fish flakes easily with a fork.
8. Serve cod fillets with roasted asparagus on the side, garnished with lemon slices.

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