# Lemon-Herb Baked Cod with Fresh Salad

*Tender cod baked with bright lemon and served alongside a refreshing herb-packed salad for a light, protein-rich meal.*

**Servings:** 2 **Time:** 25 minutes

## Ingredients

- 12 oz cod fillets
- 1 lemon (zested and juiced)
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano
- 2 cups mixed fresh herbs (parsley, cilantro, chives, dill)
- 1 cup cherry tomatoes, halved
- 1/2 small cucumber, thinly sliced
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 tbsp olive oil (for salad)
- Salt and pepper to taste

## Instructions

1. Preheat oven to 400°F.
2. Place cod fillets on a baking sheet lined with parchment paper.
3. Drizzle 1 tbsp olive oil over the cod and sprinkle with salt, pepper, oregano, and lemon zest.
4. Squeeze the juice of half a lemon over the fillets.
5. Bake cod for 12-15 minutes or until fish flakes easily with a fork.
6. While cod bakes, prepare the herb salad by combining mixed herbs, cherry tomatoes, and cucumber in a bowl.
7. In a small bowl, whisk together red wine vinegar, Dijon mustard, honey, 1 tbsp olive oil, salt, and pepper for the dressing.
8. Pour dressing over the herb salad and toss gently to combine.
9. Remove cod from oven and serve immediately with the herb salad alongside.
10. Garnish with lemon wedges from the remaining half for extra brightness.

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