Herb-Baked Cod with Classic Ratatouille

Oven-baked cod seasoned with fresh herbs paired with a flavorful stewed ratatouille, a perfect low-carb, high-protein meal for two.

Servings: 2 **Time:** 40 minutes

Ingredients

- 12 oz cod fillets (2 pieces)
- 1 small eggplant (about 8 oz), diced
- 1 small zucchini (about 6 oz), diced
- 1 small yellow squash (about 6 oz), diced
- 1 small red bell pepper, diced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup canned crushed tomatoes
- 2 tbsp olive oil, divided
- 1 tsp fresh thyme or ½ tsp dried thyme
- 1 tsp fresh rosemary or ½ tsp dried rosemary
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh parsley, chopped (for garnish)
- 1 lemon (for juice and zest)

Instructions

1. Preheat oven to 400°F.
2. In a large skillet, heat 1 tablespoon olive oil over medium heat. Add onion and garlic, sauté until translucent, about 3 minutes.
3. Add eggplant, zucchini, yellow squash, and red bell pepper. Cook, stirring occasionally, until vegetables start to soften, about 6 minutes.
4. Stir in crushed tomatoes, thyme, rosemary, salt, and pepper. Simmer uncovered on low heat for 10 minutes, stirring occasionally.
5. While ratatouille simmers, place cod fillets on a baking sheet lined with foil or parchment paper.
6. Drizzle 1 tablespoon olive oil over cod, season with salt, pepper, lemon zest, and a squeeze of lemon juice.
7. Bake cod in preheated oven for 12-15 minutes or until fish flakes easily with a fork.
8. To serve, plate the ratatouille and top with baked cod. Garnish with fresh parsley and an extra lemon wedge if desired.

powered by dishgen