Oven-Baked Herb Cod with Cauliflower Rice

Lightly seasoned cod baked to perfection, paired with fluffy, savory cauliflower rice for a healthy, low-carb meal.

Servings: 2 **Time:** 30 minutes

Ingredients

- 12 oz cod fillets
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1/2 tsp paprika
- Salt and black pepper to taste
- 1 small head of cauliflower (about 4 cups riced)
- 1 tbsp butter
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 2 tbsp chopped fresh parsley
- Salt and pepper to taste
- Lemon wedges for serving

Instructions

1. Preheat oven to 400°F.
2. Place cod fillets on a baking sheet lined with parchment paper.
3. Drizzle olive oil over the cod, then sprinkle with garlic powder, thyme, paprika, salt, and pepper evenly.
4. Bake cod for 12-15 minutes until it flakes easily with a fork.
5. While cod bakes, heat butter in a large skillet over medium heat.
6. Add chopped onion and garlic, sauté until translucent, about 3-4 minutes.
7. Add riced cauliflower to skillet, stir well, and cook for 5-7 minutes until tender.
8. Season cauliflower rice with salt, pepper, and chopped parsley.
9. Serve baked cod over a bed of cauliflower rice with lemon wedges on the side.

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