Oven-Baked Cod with Roasted Brussels Sprouts

Tender cod fillets paired with crispy roasted Brussels sprouts for a healthy, low-carb meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 35 minutes

Ingredients

- 2 cod fillets (6 oz each)
- 10 oz Brussels sprouts, trimmed and halved
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 lemon, juiced
- 1 tbsp fresh parsley, chopped (optional)

Instructions

1. Preheat oven to 400°F.
2. In a bowl, toss Brussels sprouts with 1 tbsp olive oil, garlic powder, salt, and pepper.
3. Spread Brussels sprouts on a baking sheet and roast for 20 minutes, stirring halfway through.
4. While Brussels sprouts roast, pat cod fillets dry and brush them with remaining olive oil.
5. Sprinkle paprika, salt, and pepper evenly over cod.
6. After Brussels sprouts have roasted for 20 minutes, push them to one side of the baking sheet.
7. Place cod fillets on the other side of the baking sheet and bake everything together for 12-15 minutes or until fish flakes easily.
8. Remove from oven and drizzle lemon juice over cod and Brussels sprouts.
9. Garnish with fresh parsley, if desired, and serve warm.

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