

Filling Breaded Cod

Matthew 14:13-21

Ingredients:

- 4 pieces of skinless cod, each weighing 6 ounces
- 3/4 teaspoon of finely granulated sea salt
- 1/4 teaspoon of ground black pepper
- 3 tablespoons of melted unsalted butter
- Juice from one lemon
- 1/4 cup of dried whole wheat breadcrumbs
- 3 tablespoons of finely chopped parsley
- 2 tablespoons of finely chopped chives

Instructions:

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment paper and divide butter and lemon juice in half.

Filling Breaded Cod Continued

Instructions:

3. Sprinkle the cod with salt and pepper. Transfer the seasoned cod to the prepared baking sheet.
4. Drizzle the cod with half of the butter and half of the lemon juice.
5. Using a small mixing bowl, blend the breadcrumbs, parsley, and chives together. Evenly dust the cod with the mixture of breadcrumbs, parsley, and chives then evenly coat the cod with the remainder of the butter and lemon juice.
6. Bake for about 12 minutes, or until the breadcrumbs begin to crisp and the cod flakes easily with a fork.

Tip: Pair with a White Sparkling Cava.