

Sheet Pan Baked Cod

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If you like easy, your going to love this Sheet Pan Baked Cod. Not only is it easy it's delicious, quick and you only need one pan.

Fresh off the boat Alaskan Cod, crisp asparagus covered in a creamy, lemony sauce make this restaurant quality meal a family favorite and it's decadent enough for Saturday night dinner with friends.

Why I love this Sheet Pan Baked Cod Recipe

It's the time of year that I really lean towards easy recipes. This Sheet Pan Baked Cod recipe is not only easy , it's customizable too!!

I used Alaskan Cod, but any firm white fish works in this recipe. And if you don't like asparagus broccoli is delicious with fish.

What's not to love about a recipe that's, healthy, easy, delicious and customizable to fit your lifestyle and taste?

If that wasn't enough for me to love this recipe, here's another I baked this Sheet pan Cod in my Cuisinart toaster oven/ air fryer.

I've said it before and I'll say it again the most used appliance in my kitchen is my Toaster oven/ air fryer. I don't like turning on my large ovens for small bakes and I rarely deep fry anymore.

If you make this please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you that's my favorite part.

Ingredients

- 1 lb. Alaskan Cod
- 1 bunch trimmed asparagus
- 1/2 stick butter
- 1 cup heavy cream
- Juice from 2 lemons
- 1 Tablespoon lemon rind
- 1 Tablespoon chopped garlic
- 2 Tablespoons chopped shallots
- 1 Tablespoon each chopped sage and Italian parsley
- salt and pepper to taste

Instructions

1. Preheat oven to 375
2. Salt and pepper the fish and asparagus
3. Meanwhile in a small saucepan make the sauce
4. Melt the butter over medium low heat, add the garlic, shallots, and sage saute until tender and just beginning to brown
5. Add the cream, lemon juice and rind
6. Simmer until sauce thickens about 10 minutes
7. Place the Cod and Asparagus on a sheet pan pour the lemon sauce over it
8. Bake in a preheated oven for 15 minutes
9. Sprinkle with chopped Italian parsley serve with lemon slices