



Lemon Pepper Cod

Oscar · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

4

Description

Sauteed cod fish fillets seasoned with lemon juice and black pepper Serve with a buttery rice pilaf and a green salad

Ingredients

- - 3 tablespoons vegetable oil - 1 ½ pounds cod fillets - 1 lemon
- juiced - ground black pepper to taste

Instructions

1. In a large skillet
2. heat oil over medium high heat until hot. Add fillets and squeeze 1/2 of the lemon's juice over the tops. Sprinkle with pepper to taste. Cook for 4 minutes and turn. Squeeze with the remaining lemon's juice and sprinkle with pepper to taste. Continue to cook until fillets flake easily with a fork.