



Baked Cod with Lemon Cucumber Salad

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This oven-baked cod recipe is a flavorful seafood dinner pairing lemon-pepper fillets with a crisp cucumber salad. The foil-pocket method ensures a moist texture that balances the zesty Dijon sumac vinaigrette. This 35-minute, restaurant-quality meal is a must-try for a simple, healthy balanced weeknight dinner.

Timing

Prep time	Total time	Skill level
20 mins	35 mins	Easy

What You'll Need

- > 6-oz cod fillet (rinsed and patted dry)
- > 2 tbsp extra virgin olive oil
- > 1 tsp lemon pepper
- > Salt and pepper to taste
- > 2 tbsp fresh dill sprigs (garnish)
- > Zest of 1 lemon (garnish)

Dressing

- > Juice of 1 lemon
- > 1 tbsp Dijon mustard
- > ½ cup extra virgin olive oil
- > Salt and pepper to taste
- > 2 tsp honey
- > 1 tsp sumac

Salad

- > 1 Red Sun Farms® Long English Cucumber, thinly sliced
- > 2 tbsp fresh dill, coarsely chopped
- > 1 tbsp fresh chives, finely chopped

> 3 tbsp shaved (sliced) almonds

Directions

SALAD & DRESSING

1. Mix the cucumber slices, herbs, and almonds in a medium bowl.
2. In a smaller bowl, add the honey, Dijon mustard, sumac, and lemon juice and slowly whisk in the olive oil to emulsify.
3. Slowly add the dressing to the cucumber mixture and stir.
4. Add salt and pepper as needed.

COD

1. Preheat oven to 425°F.
2. Place the cod skin side down on a sheet of aluminum foil. Brush both sides of the fish with olive oil and season with lemon pepper, salt, and pepper.
3. Wrap the fish in the foil, ensuring the sides are sealed tightly. Place in the oven on a baking sheet.
4. When the cod has finished cooking (reaches an internal temperature between 125°F and 145°F in the thickest part, about 8-10 minutes) remove from the oven.
5. Place the fish on a platter and top with the salad. Arrange dill on the salad.
6. Garnish with the lemon zest and serve.