

Panko-Lemon Cod

Ingredient List:	Method:
<p>4 pieces of cod fish</p> <p>1 C panko</p> <p>1 lemon (juice + zest)</p> <p>2 tbsp olive oil</p> <p>1 tsp sea salt</p> <p>1 tsp lemon pepper</p> <p>1 tsp dried parsley</p> <p>1 tsp dried thyme</p>	<p>Pre-heat oven to 350</p> <p>Mix panko, oil, salt, pepper, parsley + thyme in a medium bowl</p> <p>Press panko mixture firmly into each piece of cod</p> <p>Place on metal rack</p> <p>Bake for 15-18 minutes until golden brown and cooked all the way through</p> <p>Enjoy!</p>