

Lemon Garlic Cod

INGREDIENTS

For the Cod

- 4 cod fillets (about 6 oz each, thick-cut)
- 1 ½ tsp sea salt
- 1 tsp freshly cracked black pepper
- 2 tbsp avocado oil

Lemon Garlic Herb Oil

- 3 tbsp extra virgin olive oil
- 2 cloves garlic, finely minced
- 1 tbsp lemon zest
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme leaves
- ½ tsp red pepper flakes

For Grilling

- 1 lemon, cut into thick rounds

DIRECTIONS

1. In a small bowl, combine: olive oil, garlic, lemon zest, parsley, thyme, red pepper flakes
2. Let sit while everything cooks to allow the flavors to infuse.
3. Preheat grill to high (about 450°F).
4. Pat cod dry, then drizzle with avocado oil and season with salt and pepper.
5. Place cod and lemon slices directly on the grill.
6. Cook for 4-5 minutes per side, until fish flakes easily and releases cleanly.
7. During the last minute, spoon lemon garlic herb oil over the cod.