

# BAKED COD WITH LEMON, CAPERS & THYME



## QUICK

5 mins prep time

## HEALTHY

Cod is high in protein and low in fat. It is a good source of the BCAA leucine which is essential to trigger muscle protein synthesis

## FAMILY



Feeds 5

## MEALS



Serve with boiled potatoes

## INGREDIENTS

- 5 cod fillets
- 200g rocket or spinach
- 250g cherry tomatoes
- 3 garlic cloves
- 2 lemons
- 2g / 5 sprigs fresh thyme
- 40g capers
- Olive oil
- S & P

## METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Halve one lemon and slice the other
- 3) Slice your garlic
- 4) Place all of the rocket/spinach at the bottom of a large ovenproof dish
- 5) Lay the cod on the rocket and squeeze the juice of ONE lemon over the fish
- 6) Drizzle with olive oil
- 7) Season with salt and pepper (be generous)
- 8) Lay the sliced lemon on the fish then the sliced garlic
- 9) Place the cherry tomatoes and capers around the edges
- 10) Remove the thyme from the springs and scatter over the top
- 11) Bake for 20 minutes
- 12) Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)