

MOURAD'S BAKED COD WITH GARLIC TARTAR SAUCE



DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit
2. Mix together bread crumbs, garlic, parsley, lemon zest and cayenne pepper
3. Rub the fish portions with the olive oil and coat them with the bread mixture on all sides.
4. Arrange the fish on a cookie tray and into the oven for about 18 mins until lightly browned.
5. Mix remaining ingredients in a small bowl and serve on the side.

SHOPPING LIST

- 1.5 lbs cod loins patted dry
- 3 tbsp lite mayonnaise
- 1 cup Italian panko bread crumbs
- 1 lemon (zest & juice)
- 2 tbsp finely chopped, parsley
- 2 garlic cloves, minced
- ½ tsp cayenne pepper
- 1 tsp olive oil