



Lemon Butter Cod

Maintenance/Treatment to be used: Cod

Ingredients:

- Cod filets
- 1 tablespoon all-purpose flour
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ⅛ teaspoon cayenne pepper
- ¾ teaspoon salt, or to taste
- ¾ teaspoon pepper
- 5 tablespoon butter (use alternative butter if dairy allergic)
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 and ½ tablespoon low-sodium chicken broth
- 1 and ½ tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley



Instructions:

1. In a small mixing bowl whisk together flour, paprika, onion powder, thyme, oregano, cayenne pepper, salt, and pepper
2. Sprinkle and spread flour mixture over both sides of cod filets (use up all of the mixtures)
3. Melt 1 tablespoon butter and 1 tablespoon of olive oil in a skillet over medium-high heat
4. Add cod and sear until golden brown and cooked through on each side, about 3-4 minutes per side (should flake easily with a fork when done). Transfer to a serving plate.
5. Reduce burner temperature to medium-low. Melt the remaining 4 tablespoons of butter in the same skillet
6. Add garlic, saute just until fragrant and lightly deepened in color (not browned), about 15 sec.
7. Remove from heat and carefully pour and stir in chicken broth and lemon juice (careful, it will steam!)
8. Immediately pour sauce over cod filets. Sprinkle with parsley and serve warm.
9. Measure out maintenance/treatment amount. Optional: serve with white rice.

Storage:

- Refrigerator for 1 week

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: wheat, dairy, seafood