Lemon Herb Cod & Couscous

Oven-baked cod with lemon, parsley and garlic over quick couscous. Roasted cherry tomatoes provide a simple pan sauce.

Prep 10 min **Cook** 20 min **Serves** 2

Ingredients

- ☐ 2 cod fillets (5-6 oz / 150-170 g each), thawed if frozen
- ☐ 1 cup (150 g) cherry tomatoes, halved
- ☐ 1 1/2 tbsp olive oil, divided
- ☐ 1 garlic clove, finely grated
- ☐ Zest of 1/2 lemon and 1 tbsp lemon juice
- ☐ 1/2 tsp dried oregano
- ☐ 1/4 tsp fine salt, divided
- ☐ 1/2 cup (85 g) instant couscous
- ☐ 1/2 cup (120 ml) boiling vegetable broth
- ☐ 2 tbsp chopped parsley
- ☐ Lemon wedges, to serve



Spoon & Joy recipe illustration.

Before you start

Thaw the fish fully
Frozen centers cook unevenly. Thaw covered in the refrigerator and pat dry before baking.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Heat the oven to 400°F (200°C). Pat the cod dry and arrange it in a small baking dish with the halved tomatoes around it.
2. Mix 1 tablespoon olive oil with the garlic, lemon zest, lemon juice, oregano and half the salt. Spoon over the fish and tomatoes.
3. Bake for 12-18 minutes depending on thickness, until the thickest part reaches 145°F (63°C) and the fish flakes easily. Thin fillets cook faster.
4. Meanwhile, put the couscous in a heatproof bowl. Add the boiling broth, cover and leave for 5 minutes.
5. Fluff the couscous with the remaining olive oil, parsley and salt to taste. Divide between plates.
6. Lift the cod carefully onto the couscous. Spoon the tomatoes and their cooking juices over the top and serve with lemon wedges.

Storage & making ahead

Refrigerate fish and couscous promptly in separate covered containers for up to 2 days. Reheat gently to 165°F (74°C), adding a splash of water to the couscous.

Check the thickest part Fish thickness matters more than weight. A thermometer gives a more dependable endpoint than the clock.

Read this recipe on Spoon & Joy