

Pan-Seared Skrei Cod with Garlic Lemon Butter Sauce





Instructions

1. Pat cod dry and season with salt and pepper.
2. Heat olive oil in a non-stick skillet over medium-high heat.
3. Cook the cod for 3–4 minutes per side until golden and just cooked through. Remove and set aside.
4. Add butter and garlic to the pan. Cook for 1–2 minutes, then stir in lemon juice.
5. Spoon sauce over the cod, garnish with parsley, and serve.

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