

OVEN-ROASTED COD CRUSTED WITH HERBS :

Rachael Ray has outdone herself once again with this delightful cod platter.

Yield: Makes 4 servings

INGREDIENTS

1 1/2 cups plain bread crumbs
1 handful fresh flat-leaf parsley
2 large cloves garlic
1 lemon, zested
Coarse salt
4 (6 to 8-ounce) cod fillets
Extra-virgin olive oil
Preheat oven to 400 degrees F.

PREPARATION

Place bread crumbs in a shallow dish. Pile parsley, garlic, lemon zest, and a little coarse salt on the cutting board. Finely chop the lemon-garlic mixture, then combine with plain bread crumbs. Brush the top of each fillet with olive oil and dip in to the breadcrumb herb mixture. Brush a little bit of olive oil in the bottom of a baking pan then place fillet in the pan, crust side up. Roast fillets in oven until firm to the touch, about 12 to 15 minutes.

