



S I E R R A
GOLD
S E A F O O D

Golden, crunchy, and comforting — all the crisp without the fry!

Crispy Baked Cod

Ingredients:

- 1½ lbs cod fillets (or any firm white fish)
- 1 cup panko breadcrumbs
- 3 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp Italian seasoning (optional)
- 1 egg
- 1 tbsp water
- Lemon wedges, for serving
- Fresh parsley, chopped (optional)

Instructions:

- Preheat oven - Heat oven to 400°F.
- Prep foil - Tear off large pieces of foil (one per portion or one large packet).
- Drizzle foil lightly with olive oil.
- Assemble packets - Place salmon on foil. Season with salt, pepper, and paprika.
- Sprinkle garlic over salmon, top with butter slices and lemon slices.
- Add veggies around the salmon if using.
- Seal - Fold foil over salmon and crimp edges tightly to seal in juices.
- Bake - Bake for 15–18 minutes, until salmon flakes easily with a fork.
- Finish & serve - Carefully open foil (steam!), sprinkle with parsley, and serve with extra lemon if desired.

Serving Ideas:

- With roasted veggies or a simple salad
- In fish tacos
- Alongside rice or potatoes