

Maple Glazed Cod

Serves: 2

Prep time: 15 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

1 ½ tablespoons balsamic vinegar

1 ½ tablespoons maple syrup

1 ½ tablespoons lemon juice

2 teaspoons olive oil

1 teaspoon cornflour

2 fillets cod, skin on (about 400g)

Fresh parsley, chopped

2 cups salad leaves

Method

PREHEAT oven to 200°C.

WHISK vinegar, maple syrup, lemon juice, olive oil and cornflour together in a small saucepan. BRING sauce to a boil over high heat and continuously stir. Remove from heat once sauce has thickened and set aside.

LINE a baking tray with baking paper and place fish skin side down.

DRIZZLE half the maple balsamic glaze over the cod so that it is well covered.

BAKE fish in oven for 12 minutes or until desired doneness.

TRANSFER fish to serving plates. Drizzle over remaining sauce and top with chopped parsley.

SERVE with salad of choice.



Everyday Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada