

# Recipes

from Eastern Fisheries



## CHILI ROASTED COD LOINS

PREP TIME: 10 MINUTES | TOTAL TIME: 30 MINUTES | SERVINGS: 4

### INGREDIENTS:

2 pounds cod loins  
1 tsp. chili powder  
½ tsp. dried oregano  
½ tsp. salt  
3 tbsp. butter, salted  
¼ tsp. ground cumin  
½ small lime, juiced  
1/8 tsp. cayenne pepper  
1 tsp. brown sugar  
1 bunch cilantro, chopped

### DIRECTIONS:

Preheat oven to 350° F.  
Coat a roasting pan with cooking spray. In a bowl combine the chili powder, oregano, salt, cayenne pepper and brown sugar. Place the cod, skin side down in the roasting pan. Sprinkle the chili mixture evenly over the cod. Roast for 5-7 minutes, until the cod is opaque throughout and flakes easily with a fork.  
In a small skillet over medium heat, melt the butter. Add the cumin and lime juice, mix together and cook for 1-2 minutes until the butter just begins to brown. Remove cod from the oven and plate. Drizzle the cumin butter over the cod. Garnish with fresh cilantro and lime wedges. Serve with whipped sweet potatoes.



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