
Almond-Crusted Baked Cod with Herbs

Tender cod fillets coated in a crunchy almond-herb crust, baked to perfection. A protein-rich, low-glycemic dinner that supports stable blood sugar levels.

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 4

GL 0.5 / GI 26

Ingredients

four 4-ounce portions cod fillets, skinless

blanched almond flour

Dijon mustard

fresh parsley, finely chopped

fresh dill, finely chopped

garlic powder

lemon zest

sea salt

black pepper, freshly ground

olive oil cooking spray

Instructions

Step 1

Position an oven rack in the upper third of your oven and preheat to 400°F (200°C). Line a rimmed baking sheet with parchment paper and lightly coat with olive oil cooking spray.

Step 2

Pat the cod fillets completely dry using paper towels, removing all surface moisture. This ensures the crust will adhere properly and become crispy during baking. Season both sides lightly with a pinch of salt and pepper.

Step 3

In a shallow bowl, combine the almond flour, chopped parsley, chopped dill, garlic powder, lemon zest, salt, and black pepper. Mix thoroughly with a fork until all herbs are evenly distributed throughout the almond flour.

Step 4

Using a pastry brush or the back of a spoon, spread a thin, even layer of Dijon mustard over the top surface of each cod fillet. The mustard acts as a flavorful adhesive for the almond-herb coating.

Step 5

Press each mustard-coated fillet, mustard-side down, into the almond-herb mixture. Use your hands to gently press the coating onto the fish, ensuring complete coverage. Carefully transfer each crusted fillet to the prepared baking sheet, crust-side up.

Step 6

Lightly mist the tops of the crusted fillets with olive oil cooking spray. This helps the almond crust achieve a beautiful golden-brown color and crispy texture during baking.

Step 7

Bake in the preheated oven for 10-12 minutes, until the fish flakes easily when tested with a fork and the internal temperature reaches 145°F (63°C). The almond crust should be golden and fragrant. Avoid overbaking, as cod can become dry.

Step 8

Remove from the oven and let rest for 2 minutes before serving. Garnish with fresh lemon wedges and additional chopped herbs if desired. Serve immediately alongside non-starchy vegetables for a complete low-glycemic meal.