



# Baked Icelandic Cod with Dill Sauce

## Ingredients:

- 3 cod loin portions.....600/650g(total)
- 1/2 tsp salt..... 2.5ml
- 1/2 tsp pepper.....2.5ml
- 3/4 cup sour cream.....170ml
- 1/4 cup mayonnaise.....60ml
- 2 tbsp all-purpose flour....30ml
- 1 tbsp lemon juice.....15ml
- 1 tsp dried dill.....5ml



# BAKED ICELANDIC COD WITH DILL SAUCE

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## INSTRUCTIONS

- 01** Preheat oven to 400°F. Grease a medium baking dish.
- 02** Pat loin portions dry. Sprinkle fillets with salt and pepper.
- 03** Place portions in prepared baking dish. Combine sour cream, mayonnaise, flour, lemon juice and dill in a small bowl; mix well.
- 04** Spoon sauce over fillets.
- 05** Bake until fish flakes easily with a fork, about 10 minutes.