

Parmesan Herb Crusted Cod

Cooking Instructions

This is an all-in-one dish.

Place filets on a greased baking sheet so heat will circulate well as this cooks, or use included pan(s). If there is a plastic interleave separating the filets, please remove before cooking. Filets come in varying sizes and thickness, causing cooking times to vary widely.

Preheat oven to 400°F.

Cooking Method – Choose One:

Thawed: Bake 20–30 minutes, until flaky and opaque.

Freezer to Oven: Place entrée in oven and bake uncovered for 35–45 minutes, until fish is flaky and opaque.

Internal temp: 145°F.

Serving Suggestions: Steamed broccoli or snap peas. The buttery sauce left in the pan is delicious tossed with pasta. Sauvignon Blanc.

Please Note: Cooking times are estimates and vary based on your actual oven, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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