

IRON SKILLET SOY COD



INGREDIENTS:

- 1 cod fillet
- 1/4 cup low sodium soy sauce
- 1 tsp sesame oil

DIRECTIONS:

1. Heat iron skillet on medium heat
2. Place 2 tbsp of soy sauce on hot skillet
3. Place cod on the skillet, pour remaining 2 tbsp of soy sauce and sesame oil over the cod
4. Cover and cook for 4-5 minutes
5. Flip cod, cover, and cook for an additional 5-6 minutes or until internal temperatures reaches 145 F.

Enjoy!



Makes 1 Serving

Calories: 129 | Protein: 19 g | Carb: 0 g | Fat: 5 g