

Baked Cod with Roasted Asparagus and Brown Rice

Ingredients:

- 2 cod fillets
- 1 bunch asparagus (trimmed)
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 cup brown rice

Instructions:

- 1 Bake the cod:** Preheat the oven to 375°F. Season the cod fillets with salt, pepper, and olive oil. Place on a baking sheet and bake for 12-15 minutes, or until the fish flakes easily with a fork.
- 2 Roast the asparagus:** While the cod is baking, toss asparagus with olive oil, salt, and pepper. Roast in the same oven for 15-20 minutes, until tender.
- 3 Cook the rice:** Prepare the brown rice according to package directions.
- 4 Serve:** Plate the baked cod with roasted asparagus and brown rice.