

Low-Carb Bacon Wrapped Cod Tray Bake

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving, 1 fillet plus broccoli): Total carbs: 8.4 g, Fiber: 3.3 g,

Net carbs: 5.1 g, Protein: 34 g, Fat: 44.9 g, Calories: 570 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 2 skinless cod fillets (250 g/ 8.8 oz)
- 8 thin-cut slices of bacon (120 g/ 4.2 oz)
- 2 tbsp [ghee](#) or virgin avocado oil (30 g/ 1.1 oz)
- 1 packet tenderstem broccoli or broccoli florets (250 g/ 8.8 oz)
- sea salt & pepper to taste
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 2 small rosemary, thyme or oregano sprigs or 1 tsp of dried herbs
- Optional:* lemon wedges, to serve

Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional).
- Lay four slices of bacon on a chopping board. Add one cod loin piece and 1 small rosemary sprig (or herb of your choice, or a sprinkling of dried herbs), and wrap the bacon around the cod. Repeat for the second serving. You can also chop the rosemary and sprinkle on top of the fish before wrapping.
- Add the broccoli to a baking tray and toss with 1 tablespoon of olive oil and a pinch of salt.
- Heat the ghee (or avocado oil) in a non-stick frying pan or skillet over a medium heat. Once hot add the cod parcels seam side down and fry for 2 minutes. Turn and cook for 1 further minute until the bacon is slightly crisp.
- Remove the tray from the oven and add the cod parcels. Roast for about 10 minutes or until the cod is cooked through and moist. Season and serve with lemon wedges and the remaining 1 tablespoon of olive oil.
- Optionally serve with lemon wedges. Tastes the best when served fresh, but can be stored in the fridge for up to one day.

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