

Sheet Pan Lemon Butter Cod

with Roasted Potatoes & Garlicky Greens



4 servings



30-25 minutes



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Ingredients :

Sheet Pan White Fish

- 1½ lb (680 g) cod fillets
- Substitute: haddock, pollock, hake, halibut, sole, tilapia, snapper, barramundi, or any firm white fish available to you
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- 1½ lb baby potatoes, halved
- 3 tbsp olive oil, divided
- 2 cloves garlic, minced
- Zest of 1 lemon
- Juice of ½ lemon
- Salt & freshly ground black pepper

Garlicky Greens

Choose one:

- Broccoli florets
- Green beans
- Asparagus
- 1 tbsp olive oil
- 1 clove garlic, minced
- Pinch of salt

Lemon Butter Finish

(Infused or Uninfused)

- 3 tbsp butter, melted
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley or dill, finely chopped (optional)

Infusion Note:

This butter is the only component intended for infusion. Serving it at the table allows each person to choose how much – or whether – to use it.

Instructions:

Roast the Potatoes

1. Preheat oven to 425°F (220°C).
2. Toss potatoes with 2 tbsp olive oil, salt, and pepper.
3. Spread on a parchment-lined sheet pan and roast 15–20 minutes, until beginning to brown.

Add the Fish & Greens

1. Push potatoes to one side of the pan.
2. Add fish fillets and vegetables to the pan.
3. Drizzle remaining olive oil over the fish and greens.
4. Sprinkle with garlic, lemon zest, salt, and pepper.

Roast Until Flaky

1. Return pan to the oven and roast 12–15 minutes, until:
 - Fish flakes easily with a fork
 - Vegetables are tender
 - Potatoes are crisp

Make the Lemon Butter

1. Melt butter gently in a small saucepan.
2. Stir in lemon juice and herbs, if using.
3. Keep warm.

(When reintroducing cannabis later, use infused butter here.)

Serve

Plate fish, potatoes, and greens.

Serve lemon butter on the side, allowing each person to finish their plate as they choose.

This dish is meant to feel calm and nourishing – not heavy or overthought.

Chef's Note

Cod is a reliable favourite, but this method works beautifully with nearly any firm white fish. Focus on freshness and thickness, and adjust cooking time slightly if your fillets are thinner or thicker than average.

About This Dish

This sheet-pan dinner is simple, grounding, and built for real life – a lighter option that still feels satisfying and complete.

For the T-Break, everything here is cooked and enjoyed completely uninfused, allowing the flavours to stand on their own.

When you're ready to reintroduce cannabis, the infusion happens after cooking, keeping the meal flexible and personal.

Same meal. Same balance. Different choice.

Where to Find Us

Your Canna Chef

Website: yourcannachef.ca

Instagram: [@yourcchef](https://www.instagram.com/yourcchef)

Bite Me Cannabis Club

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