Pan Seared Cod with Zoodles

2 cod filets

2 garlic clove, minced

2 Tablespoons olive oil

salt and pepper

1 shallot, chopped

zucchini and squash zoodles (I bough them in the freezer section)

2 teaspoons lemon zest

1/4 cup fresh basil

1 Tablespoon lemon juice

Heat 1 T. oil and 1 clove garlic in skillet.

Season fish with salt and pepper.

Sear in hot pan on both sides.

Transfer fish to 400 oven in skillet until cooked through.  (3-6 minutes)

Transfer fish to plates.  Heat 2 T. oil in skillet.  Add 1 garlic clove and shallots.

Add zoodles and cook until softened.  (about 4 minutes)

Toss with fresh basil, lemon juice and zest.  Season with salt and pepper.

Divide among 2 plates or bowls and top with fish.