

# Citrus Coconut White Fish

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1/8 tsp Sea Salt
- 1/2 Tomato (large, diced)
- 1/4 cup Orange Juice (freshly squeezed)
- 1/4 cup Canned Coconut Milk (full-fat)
- 1/4 cup Cilantro (chopped)
- 2 Cod Fillet

## DIRECTIONS

- 01 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 02 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 03 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 04 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### FILLET SIZE

One cod fillet is equal to 231 grams or 8 ounces.

### ADDITIONAL TOPPINGS

More cilantro, lime wedges, or red pepper flakes.

### NO COD

Use another white fish, like haddock, instead.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil or coconut oil instead.

# Sweet Potato & Scallop Pasta

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 8 ozs Scallops
- 1/4 tsp Sea Salt (divided)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (Japanese or regular, large, spiralized into noodles)
- 2 Garlic (cloves, sliced thin)
- 1 tbsp Nutritional Yeast
- 1/4 Lemon (juiced, zested)
- 2 tbsps Basil Leaves (sliced thin into ribbons)

## DIRECTIONS

- 01 Place the scallops on a plate lined with a paper towel to ensure they are very dry. Season with half the sea salt.
- 02 Heat a cast-iron skillet over medium heat and add half of the oil. Place the scallops in the skillet and cook for three to four minutes on one side. Flip and cook for one to two more minutes, until cooked through. Remove and set aside on a plate.
- 03 In the same skillet, lower the heat to medium-low. Add the sweet potato noodles, garlic, and remaining oil. Cook until the sweet potato noodles have softened, about five to seven minutes. Add the nutritional yeast, lemon juice, and remaining salt. Toss to combine.
- 04 Divide the noodles between dishes and top with scallops, lemon zest, and basil. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to two days.

### MORE FLAVOR

Add red pepper flakes to the sweet potato noodles or black pepper, or finish cooking the scallops in ghee or butter for more richness.

### NO NUTRITIONAL YEAST

Omit or use parmesan cheese instead.

### NO BASIL

Omit or use fresh parsley instead.

# Tuna & Capers Wrap

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 can Tuna
- 2 tbsps Mayonnaise
- 1 tbsp Capers
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1 cup Baby Spinach

## DIRECTIONS

- 01 In a small bowl add the tuna, mayonnaise, capers, salt, and pepper. Mix together until well combined.
- 02 Lay the tortilla flat and add the spinach in the middle. Add the tuna on top of the spinach. Roll the tortilla tightly while folding the ends in. For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

### GLUTEN-FREE

Use a gluten-free tortilla or bread. Use lettuce instead of a tortilla.

### CANNED TUNA

One can of tuna is equal to 165 grams (5.8 ounces).

### MORE FLAVOR

Add fresh herbs such as chives, parsley, or dill. Add Greek yogurt to the tuna mixture.

### NO CAPERS

Omit or use olives or chopped celery instead.

# Moroccan Spiced Fish

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 Cod Fillet
- 2 tsps Moroccan Spice Blend (divided)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, chopped)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 3/4 cup Vegetable Broth, Low Sodium
- 1 Tomato (medium, diced)
- 1/4 cup Parsley (chopped, plus more for garnish)

## DIRECTIONS

- 01 Pat the cod fillets dry with a paper towel and season with 1/4 of the Moroccan spice blend. Set aside.
- 02 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until the onion has softened. Add the garlic, salt and remaining spice blend and cook for another minute until fragrant.
- 03 Carefully add the vegetable broth and then stir in the tomato and parsley. Bring the pot to a simmer and cook for about five minutes.
- 04 Place the cod fillets in the pot and cover with the lid. Let the fish steam for four to seven minutes or until cooked through and flakey (cooking time will vary depending on the thickness of the fillets).
- 05 Divide the fillets and sauce between plates and top with additional parsley if desired. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPING

Add red pepper flakes or fresh lemon juice. Serve with rice, naan, or pita.

### FILLET SIZE

One cod fillet is equal to 170 grams or six ounces.

### NO COD FILLETS

Use another white fish instead.

### NO MOROCCAN SPICE

Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.

### NO VEGETABLE BROTH

Use chicken broth instead.