

# BAKED COCONUT HADDOCK

Serves 4 / Prep time: 10 minutes / Cook time: 12 minutes

*A lovely golden nut crust not only adds fabulous flavor to fish, it also helps prevent overcooking of the fillets so they stay moist. This protective coating can be any type of nut from delicate almonds to more robust pistachios. Just substitute the other nuts in the same amount as the hazelnuts in the recipe.*

4 (5-ounce) boneless  
haddock fillets

Sea salt

Freshly ground black pepper

1 cup shredded unsweetened  
coconut

¼ cup ground hazelnuts

2 tablespoons coconut oil, melted

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Pat the fillets very dry with paper towels and lightly season them with salt and pepper.
3. Stir together the shredded coconut and hazelnuts in a small bowl.
4. Dredge the fish fillets in the coconut mixture so that both sides of each piece are thickly coated.
5. Place the fish on the baking sheet and lightly brush both sides of each piece with the coconut oil.
6. Bake the haddock until the topping is golden and the fish flakes easily with a fork, about 12 minutes total.
7. Serve.

**PREP TIP** The breading of the fish can be done ahead, up to 1 day, if you just want to pop the fish in the oven when you get home. Place the breaded fish on the baking sheet and cover it with plastic wrap in the refrigerator until you wish to bake it.

**PER SERVING** Calories: 299; Fat: 24g; Protein: 20g; Carbs: 4g; Fiber: 3g;  
Net Carbs: 1g; Fat 66%/Protein 28%/Carbs 6%



KETO QUOTIENT

DAIRY FREE

GLUTEN FREE

UNDER 30 MINUTES