

Dinner – Paleo

Garlic Roasted Cod with Green Beans



SERVES: 4 PREP: 15 min. COOK: 20 min.

Ingredients

4 x 7 oz. cod fillets, skinless

¼ cup ghee, softened

1 tbsp. chopped flat-leaf parsley

2 garlic cloves, peeled and minced

1 shallot, minced

1 tsp. Dijon mustard

3 tbsp. prosciutto, minced

2 tbsp. freshly squeezed lemon juice

2 tbsp. cooking fat

Lemon wedges, for garnishing

Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 425° F.
2. In a bowl, combine the ghee, parsley, garlic, shallot, Dijon mustard, prosciutto, lemon juice, and season with salt and pepper to taste.
3. Season the cod fillets to taste.
4. Heat the cooking fat in a ovenproof skillet placed over a medium-high heat.
5. Cook the fillets for 3 to 4 minutes per side.
6. Spread the ghee mixture equally over each fillet. Transfer to the oven and bake for 5 to 10 minutes, or until the fish is cooked through.
7. Serve with lemon wedges.

Green Beans

SERVES: 4 PREP: 10 min. COOK: 8 min.

Ingredients

- 1 lb. green beans, trimmed
- 3 medium-large garlic cloves, minced
- ¼ cup coconut aminos
- 1 tbsp. rice vinegar
- 2 tbsp. clarified butter
- ⅛ – ¼ tsp sesame oil, optional
- Sea salt to taste

Preparation

1. Bring a large pot of water generously seasoned with salt to a boil over a medium-high heat.
2. Add the green beans and blanch for 2 minutes.
3. Transfer to an ice bath to stop the cooking, then drain.
4. Heat the clarified butter in a sauté pan over a medium-high heat.
5. Once hot, add the garlic and cook until fragrant, about 30 seconds.
6. Add the green beans, coconut aminos, rice vinegar, and sesame oil (if using), toss to coat.
7. Season to taste with salt.
8. Cook for 3-5 minutes, stirring frequently, until the sauce has reduced, and the green beans are just starting to get tender.
9. Transfer to a serving bowl, drizzle the remaining sauce over the green beans and serve hot.