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Avocado Oil-Poached Whitefish

When you are in the mood for a melt in your mouth (MIYM), fresh, and healthy dinner – this is the recipe you need! The avocado oil keeps each fillet moist throughout the baking process, while the lemon and thyme enhance the delicate flavor of Cod and Halibut.

Ingredients:

- 1 ½ to 2 pounds of fresh Cod or Halibut (skin removed) from The Fish Folks
- 1 ½ to 2 cups of avocado oil
- 1 organic lemon- sliced
- 1 shallot sliced
- 4-5 sprigs of fresh thyme
- Salt and pepper, to taste
- Fresh parsley for garnish

Directions:

Place the fresh fish in an oven safe baking dish and season with salt and pepper, to taste. Pour 1 ½ to 2 cups of avocado oil in the baking dish, covering the fish. Top each oil-covered fillet with lemon and shallot slices. Place the fresh sprigs of thyme in the avocado oil to infuse the oil and fish as it bakes. Place the baking dish in the oven and bake at 325 degrees for about 40 minutes or until the fish reaches 145 degrees. To serve, carefully remove each fillet from the hot oil and place each fillet on a bed of mashed sweet potatoes, with a side of grilled asparagus.

Servings: 3- 4

Frozen Option & Thawing Tip: Frozen Halibut and Cod fillets work perfectly with this recipe, as well. Just thaw the fish overnight in the refrigerator or about 30-40 minutes in a bowl of cold water if you are in a hurry.