

# Baked Haddock with Green Olive Sauce

4 SERVINGS 15 MINUTES



## INGREDIENTS

4 Haddock Fillet  
1 tbsp Avocado Oil  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt (divided)  
4 cups Parsley (leaves and stems, roughly chopped)  
1/4 cup Extra Virgin Olive Oil (divided)  
2 tbsps Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Iron	4mg
Fat	18g	Vitamin D	35IU
Carbs	5g	Folate	117µg
Fiber	2g	Magnesium	72mg
Protein	33g	Zinc	1mg
Vitamin C	84mg		

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Gently rub the avocado oil onto the fish fillets and season with the garlic powder and half of the salt. Bake for 7 to 10 minutes or until the fish is cooked through and flakes easily.
- 03 Meanwhile, make the sauce in a food processor by combining the parsley, half of the olive oil, lemon juice and the remaining salt. Pulse to combine the ingredients and then with the food processor running stream in the remaining olive oil and continue to blend, scraping down the sides of the bowl as needed, until the sauce is mostly smooth. Season with additional salt or lemon juice if needed.
- 04 To serve, divide the fish and green olive sauce between plates and enjoy!

## NOTES

### RECIPE ID 628

### FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

### NO HADDOCK

Use another white fish instead, like cod, halibut or sea bass.