

BABE'S BAKED FISH WITH PISTACHIOS, LEMON AND PARSLEY



This dish was inspired by a baked cod dish my mom would prepare when we were kids.

It was my dad's favorite, and we loved it too! This is quick, affordable, and just beautiful on a plate with green vegetables. Enjoy!

Active Time: 10 minutes

Total Time: 20 minutes

Feeds: 3 adults

INGREDIENTS

- 1 pound white firm fleshed fish, such as catfish, cod, barramundi, haddock, or halibut, cut to portion size, about 2"x2"
- 1 tablespoon ghee
- 1 tablespoon extra-virgin coconut oil
- Zest of 1 lemon
- ¼ cup pistachios, toasted and chopped
- ¼ cup chopped parsley
- 1 tablespoon lemon juice

DIRECTIONS

1. Preheat oven to 400.
2. Place the coconut oil and ghee into a casserole dish, at least 9"x13" depending on the thickness of the fish, and the amount of space it will take up in the casserole dish. Pop the casserole dish with the fats into the preheated oven for 6-8 minutes, until fats are melted and hot.
3. Season each side of your fish with salt and pepper.
4. Remove the casserole dish and place the fish, flesh-side (pretty-side) down (skin-side up) in the dish for 9 minutes.
5. In a small bowl mix the lemon zest, pistachios, and parsley.
6. Remove the casserole dish, add the lemon juice to the fats in the dish, flip the fish, lean the casserole dish and baste each piece of fish with the fats using a spoon.
7. Put the oven broiler on. If you don't have on, raise the temperature to 500.
8. Top each piece of fish with the pistachio mix, and sprinkle evenly with pistachios and parsley.
9. Pop the casserole back in for 2-3 minutes.
10. Check the fattest piece of fish for doneness. Enjoy!