

Haddock and Green Salsa



You won't find a simpler, more delicious meal than this! This recipe for oven-roasted haddock served with a green salsa is quite tasty. Serve this recipe with a side of [Kale, millet & strawberry salad](#).

Preparation 10 min

Cooking 13 min

Servings 2

Nutrition Facts (per serving)

Calories 240

Fat 11

Carbohydrates 3

Fibre 1

Protein 31

Sodium 485

Ingredients

For the fish

- 225 g to 250 g (0.5 lb) frozen, thawed haddock fillets
- Olive oil, for brushing
- Pepper and salt to taste

- Zest and juice of 1 lemon (or 60 ml / ¼ cup of juice)
- 60 ml (¼ cup) fresh parsley, chopped
- 15 ml (1 tbsp) olive oil
- 10 ml (2 tsp) capers, lightly chopped
- 2.5 ml (½ tsp) ground pepper

Preparation

1. Preheat the oven to 450°F (230°C) and brush a ceramic baking dish with olive oil.
2. Place the haddock fillets in the baking dish and brush the top with olive oil. Season to taste.
3. Bake for 13 minutes or until edges are lightly browned.
4. Meanwhile, assemble green salsa in a small bowl. Mix with a fork.
5. Remove fish from the oven and pour over salsa to serve.

Notes

Can be kept 2 days in the refrigerator.



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