

Crispy Broiled Haddock & Broccolini

5 ingredients · 15 minutes · 2 servings



Directions

1. Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
2. Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
3. Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock

Use cod or tilapia instead.

Fillet Size

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

Ingredients

2 Haddock Fillet (5 ounces each)

1 bunch Broccolini (trimmed)

2 tbsps Avocado Oil

1 tsp Dried Thyme

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	323	Vitamin C	81mg
Fat	16g	Calcium	289mg
Saturated	2g	Iron	4mg
Carbs	7g	Vitamin D	35IU
Fiber	6g	Vitamin B6	1.0mg
Sugar	1g	Folate	180µg
Protein	40g	Vitamin B12	3.5µg
Cholesterol	104mg	Magnesium	101mg
Sodium	1124mg	Zinc	2mg
Potassium	1306mg	Selenium	53µg
Vitamin A	10034IU		