

Mark's Kitchen

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Baked Fish with Steamed Butternut Squash

Wild fatty fish plus butternut squash? Yes, please! On top of being an incredibly delicious recipe, this baked fish with steamed butternut squash is so good for you. Butternut squash is rich in fiber, antioxidants, and phytonutrients. Combined with wild fatty fish filled with Omega-3's, this dish makes the perfect autumn meal.

Serves 2

Ready in: 40 minutes

Ingredients:

For the Fish:

- 2 tbsp extra-virgin olive oil
- 1 pound wild caught fish (striped bass, hake, haddock, cod, etc.)
- 2 teaspoons freshly chopped thyme
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons paprika

For the Squash:

- 2 tbsp extra-virgin coconut oil
- 1 onion, thinly sliced
- 2 cups of carrots peeled and cut into 1-inch cubes
- 3 cups butternut squash, peeled, seeded, and cut into 1-inch cubes
- 1 teaspoon apple cider vinegar
- 1 tbsp coconut butter

Step 1: Preheat oven to 350°F. Generously coat the fish with the olive oil. Combine the thyme, salt, pepper, and paprika, and then rub generously over the fish. Place the fish in

a single layer in a baking dish. Place dish on middle rack in the oven; and bake until cooked through, about 8-10 minutes.

Step 2: In a large pot, melt the coconut oil, then sauté the onion just until soft, about 2-3 minutes. Add the carrots and squash plus ½ cup water. Steam the squash and carrots until tender. Place the steamed vegetables in a food processor and pulse to break down, then add the coconut butter and apple cider vinegar. Then puree until the consistency of mashed potatoes.

Step 3: Serve the fish over a good sized portion of the squash puree.

Nutritional analysis per serving:

Calories 638 • Total Fat 26 g • Protein 60 g • Fiber 14 g • Sugar 4 g • Sodium 258 mg