

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 kcal

Fat 11 g

Carbohydrates 3 g

Fibre 1 g

Protein 31 g

Sodium 485 mg

- Olive oil, for brushing

Preparation

- Pepper and salt to taste

- Preheat the oven to 450°F (230°C) and brush a ceramic baking dish with olive oil.
- **For the green salsa**
- Place the haddock fillets in the baking dish and brush the top with olive oil. Season to taste.
- Bake for 13 minutes or until edges are lightly browned.
- Zest and juice of 1 lemon (80 ml / 1/4 cup of juice)
- Meanwhile, assemble the green salsa in a small bowl. Mix with a fork.
- Measure 1/4 cup of fresh parsley, chopped
- Remove fish from the oven and pour over salsa to serve.
- 15 ml (1 tbsp) olive oil
- 10 ml (2 tsp) capers, lightly chopped
- 2.5 ml (1/2 tsp) ground pepper



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