



Roasted Chili-Lime Cod

2 servings
45 minutes

Ingredients

- 2 Cod Fillet (approx. 4-5 oz fillets)
- 1 tsp Paprika
- 1 tsp Parsley
- 1/2 tsp Oregano
- 1/2 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Butter (or ghee)
- 1 tbsp Lime Juice (zest of a fresh lime or use lime juice to taste)
- 1/2 cup Basmati Rice
- 2 cups Asparagus

Nutrition

Amount per serving	
Calories	411
Fat	13g
Saturated	5g
Trans	0g
Carbs	43g
Fiber	8g
Sugar	3g
Protein	31g

Directions

- 1 In a small bowl, combine all the spices and mix well. Using 1 tbsp olive oil, brush the fish fillets and then rub the spice blend into the fillets. Use the entire rub. Refrigerate the fillets for at least 30 minutes, or up to 12 hours --> perfect for preparing the fish in the morning, and having it ready to go when you get home for dinner!
- 2 Cook rice according to package directions.
- 3 Place fillets on a foil-lined baking sheet and roast in a preheated 450 degree oven for 10-12 minutes. The fish should easily flake and be opaque throughout when it's cooked through.
- 4 Melt butter and drizzle it and lime juice over fish fillets just before serving.
- 5 Lightly spray a pan and saute asparagus spears on all sides for about 4-5 minutes, sprinkle with s&p to taste.

Notes

Rice serving size, 1 cup uncooked rice = approximately 2 cups cooked. 1 cup cooked is one serving for the average man, 1/2 cup cooked is a serving for the average woman. Freebie veggies, Non-starch veggies are freebies! They are high in fibre, and numerous studies show that simply adding more fibrous vegetables to the diet increases weight loss. Vegetable are also high in micronutrients and antioxidants that support optimally functioning of all body systems, including metabolism and hormone balance.