

Cashew Crusted Cod

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yields: 4 servings

Ingredients:

4	cod loin fillets
1 tablespoon	toasted sesame oil
1/2 cup	toasted cashews
1-inch piece	ginger
1 tablespoon	garlic, minced finely
4 tablespoons	green onions, chopped
1 teaspoon	mustard
1 lemon	zested, then juiced
2 tablespoon	tamari or coconut aminos, plus a little extra for a dipping a sauce
	salt and black pepper, to taste

Directions:

Preheat oven to 425 degrees.

Line a baking dish with parchment paper and spray with oil.

Place cod on lined baking dish and set aside. Season both sides with salt and pepper.

Place sesame oil, cashews, ginger, garlic, green onions, mustard and lemon juice in a food processor and pulse until it resembles sand. Remove from the food processor bowl and place in another bowl. Add the lemon zest and mix. (If you do not have a food processor, you can mince everything with a knife, place it in a bowl and mix it.)

Cover cod evenly with the cashew mixture. Drizzle with tamari or coconut aminos. Bake for 18-20 minutes or until the fish is just done and the crust is golden and crunchy.

Feel free to serve with a little extra tamari or coconut aminos on the side.