

Lime-Crusted Cod with a Warm Olive Vinaigrette

by Healing Family Eats

Serves 2

for the fish:

- 2 tbsp tapioca flour
- 1 tsp garlic powder
- zest of 2 small limes
- small pinch fine sea salt
- 2 thick fillets of cod or other white fish, skin off
- 1 tbsp avocado oil, or other cooking fat

for the vinaigrette:

- 1 large clove garlic, minced
- juice of 2 small limes (4 tbsp)
- 2 tbsp black olives, chopped
- 1/2 cup olive oil
- pinch fine sea salt
- 1/2 cup chopped cilantro leaves



Be sure to get everything ready before you start cooking, this happens quickly.

Mix the tapioca flour, garlic powder, lime zest and salt in a small bowl and then tip out onto a large plate. Press the cod fillets into the seasoned flour, coating well on both sides.

Put the vinaigrette ingredients, apart from the cilantro, into a medium bowl and mix together well.

Heat the avocado oil in a large frying pan. When hot, add the fish presentation side down, and fry for around 3 minutes or so until golden brown. Turn the fillets over and pour the vinaigrette around. Allow to bubble for a further two minutes or until the fish is just cooked. The precise timing will depend on the thickness of your fillets.

Stir the cilantro into the vinaigrette and serve immediately.