

COD WITH CREAMY RED PEPPER

INGREDIENTS

- 4 Cod fillets (about 6 oz each)
- 8 t Tessemae's Lemon Garlic
- 1 Red pepper (seeded) (chopped)
- 1/4 C Tahini
- 1/4 C Water
- 1/2 t Smoked paprika
- Salt (coarse) & black pepper (freshly ground)
- 4 C Kale (chopped)
- 1 lb Cauliflower rice



DIRECTIONS

- 1 Place fish in a dish & drizzle with 4 T of the Lemon Garlic.
- 2 Let marinate 15 minutes at room temperature.
- 3 While fish is marinating, blend red pepper, tahini, water, 3 T of the Lemon Garlic & smoked paprika in a blender until smooth;
- 4 Season to taste with salt & pepper & set aside.
- 5 Heat 1 T Lemon Garlic in a large nonstick skillet over medium-high heat.
- 6 Add kale to pan & cook, stirring (3 minutes).
- 7 Add cauliflower rice to pan & season to taste with salt & pepper.
- 8 Cook, stirring until tender (about 8 minutes).
- 9 Remove cauliflower rice mixture to a serving bowl.
- 10 While cauliflower rice is cooking, heat broiler to high.
- 11 Transfer the fish to a foil lined baking sheet.
- 12 Broil, without turning over, until browned & just cooked through (4-6 minutes).
- 13 Serve fish over cauliflower rice & drizzled with red pepper sauce.



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