

Crispy Broiled Haddock & Broccolini

5 ingredients · 15 minutes · 2 servings



Directions

1. Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
2. Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
3. Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock

Use cod or tilapia instead.

Ingredients

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 2 tbsps Avocado Oil
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt