

# Pan Seared Cod with Cauliflower Rice

8 ingredients · 20 minutes · 2 servings



## Directions

1. In a small bowl, add the cod along with the ginger, coconut aminos and half of the avocado oil. Let it sit while you prepare the cauliflower rice.
2. In a skillet over medium heat. Add the remaining avocado oil and then the cauliflower rice. Sauté for 5 to 7 minutes. Add the lime juice to the rice and stir. Remove the rice and set aside.
3. In the same skillet over medium-high heat, add the cod along with the marinade. Ensure the cod is skin side down. Cook for 2 to 3 minutes until the bottom is browned. Add the white parts of the green onion and cook for an additional 3 to 4 minutes. Flip the cod over and cook for 1 minute more. Remove from heat.
4. Divide the cauliflower rice onto plates and top with the cod. Garnish with the sliced green part of the onion. Top with the salt and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Add cooked veggies like mushrooms, bell peppers and/or broccoli. Top with sesame seeds.

### More Flavor

Drizzle olive oil over the finished dish to highlight the flavors.

### No Coconut Aminos

Use tamari or soy sauce instead.

### Fillet Size

One fillet is equal to 231 grams or 8 ounces.

## Ingredients

- 2 Cod Fillet
- 1 1/2 tsps Ginger (fresh, minced)
- 2 tsps Coconut Aminos
- 2 tbsps Avocado Oil (divided)
- 3 cups Cauliflower Rice
- 1 1/2 tsps Lime Juice
- 3 stalks Green Onion (green and white parts divided, sliced)
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	356	<b>Cholesterol</b>	99mg
<b>Fat</b>	16g	<b>Sodium</b>	543mg
<b>Carbs</b>	9g	<b>Vitamin A</b>	814IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	6mg
<b>Sugar</b>	5g	<b>Calcium</b>	75mg
<b>Protein</b>	44g	<b>Iron</b>	1mg