



Lemon Garlic Haddock Spaghetti

2 servings
35 minutes

Ingredients

1/2 cup Brown Rice Spaghetti
1/2 cup Water (reserved from cooking pasta)
1 tsp Extra Virgin Olive Oil
2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 Lemon (juiced, divided)
1 Garlic (clove, minced)
1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	372
Fat	5g
Carbs	45g
Fiber	2g
Sugar	1g
Protein	36g
Cholesterol	104mg
Sodium	414mg
Vitamin A	352IU
Vitamin C	11mg
Calcium	34mg
Iron	1mg
Selenium	50µg

Directions

- 1 Cook the spaghetti according to the package directions. Once done, drain and reserve some of the pasta water.
- 2 Meanwhile, heat the oil in a pan over medium heat. Season the haddock with salt and pepper and drizzle with half of the lemon juice. Add the fish to the pan and cook for two to three minutes on each side or until cooked through.
- 3 Remove the fish, and in the same pan, add the garlic. Sauté the garlic for about a minute, then add the pasta water and the remaining lemon juice. Bring to a simmer and add the spaghetti.
- 4 Season with salt and pepper. Stir frequently and let it simmer for about five minutes or until the sauce has slightly thickened.
- 5 Divide the fish and the pasta between plates. Top with green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of spaghetti and one haddock fillet. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

More Flavor: Add garlic and chili flakes.

No Green Onion: Use parsley or dill instead.