

Zucchini-Wrapped Cod with Roasted Brussels Sprouts

INGREDIENTS:

- 4 cod fillets (6 ounces each)
- $\frac{3}{4}$ tsp sea salt
- $\frac{3}{4}$ tsp black pepper
- 2 to 3 small zucchini, ends trimmed
- 3 T extra virgin olive oil, or avocado oil
- 1 lemon, cut into thin slices
- 1 tsp thyme
- 4 cups Brussels sprouts, trimmed and halved

PROCESS:

- Preheat the oven to 400 degrees F. Line a rimmed baking pan with parchment paper.
- Rinse the cod and pat dry. Sprinkle with $\frac{1}{2}$ tsp of the salt and $\frac{1}{2}$ tsp of the black pepper.
- Slice the zucchini into 1/16-inch thick long ribbons using a vegetable peeler or mandoline, turning the zucchini to avoid the seeds. Wrap the ribbons around the fillets, overlapping slightly, and tuck each end under the fillet. Place on half of the baking pan and drizzle with 1 T of the olive oil. Place two lemon slices on top of each fillet and sprinkle with the thyme.
- In a medium bowl, drizzle the Brussels sprouts with the remaining 2 T olive oil and sprinkle with the remaining $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp black pepper. Toss to coat. Place the Brussels sprouts, cut sides down, on the other half of the pan.
- Roast for 15 to 20 minutes, until the fish just barely starts to flake when pulled apart with a fork and the Brussels sprouts are browned.

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