

Lemon and Toasted Almond Fish

Nuts and fish are such natural companions and such an elegant way to cook fish especially otherwise mild white fish like cod or halibut. Add a dash of lemon and the beautiful fresh green of spring spinach and you have dinner.

Ingredients

Ingredient Checklist

Zest and juice of 1 lemon, divided

½ cup sliced almonds, coarsely chopped

1 tablespoon finely chopped fresh dill or 1 teaspoon dried

1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided

1 teaspoon kosher salt, divided

Freshly ground pepper to taste

1 1/4 pounds cod (see Tip) or halibut, cut into 4 portions

4 teaspoons Dijon mustard

2 cloves garlic, slivered

1 pound baby spinach

Lemon wedges for garnish

Directions

Preheat oven to 400 degrees F. Coat a rimmed baking sheet with cooking spray.

Combine lemon zest, almonds, dill, 1 tablespoon oil, 1/2 teaspoon salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard. Divide the almond mixture among the portions, pressing it onto the mustard.

Bake the fish until opaque in the center, about 7 to 9 minutes, depending on thickness.

Meanwhile, heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant but not brown, about 30 seconds. Stir in spinach, lemon juice and the remaining 1/2 teaspoon salt; season with pepper. Cook, stirring often, until the spinach is just wilted, 2 to 4 minutes. Cover to keep warm. Serve the fish with the spinach and lemon wedges, if desired.