

# Black Cod with Spaghetti Squash and Brown Butter

**Time: Under 45 minutes**

**Servings: Four**

**Level: Medium**

## Ingredients:

### Spaghetti Squash

- o 1 small Spaghetti Squash
- o Salt and pepper
- o 1 Tablespoon Olive Oil
- o 1 clove smashed garlic
- o ½ teaspoon Apple Cider Vinegar
- o ¼ teaspoon Ground Black Pepper
- o 1 teaspoon Salt

### Black Cod

- o 1 lb Wild-caught Black Cod, cut into four 4 oz pieces
- o 1 Tablespoon Olive Oil
- o ½ Tablespoon Butter
- o ½ teaspoon dried Thyme or a few sprigs of fresh Thyme
- o Salt and Pepper

### Brown Butter Sauce

- o 2 Tablespoons Butter
- o ¼ teaspoon dried Thyme
- o 2 cloves smashed Garlic
- o 2-3 Tablespoons Chopped Walnuts
- o 1 squeeze of Lemon

## Directions:

- 1) Preheat oven to 375°.
- 2) Wash and cut the Spaghetti Squash in half the long way. Scoop out seeds.
- 3) Place squash face down in a baking pan with a little water. Bake for 20-25 minutes or until the “Spaghetti” pulls away easily from the skin.
- 4) Take out the Spaghetti and place in a bowl.
- 5) Take a non-stick pan and heat to medium. Add Oil. Add smashed Garlic and cook for 1 minute.
- 6) Add Spaghetti and cook for a couple of minutes. Take off heat. Add Salt, Pepper and Apple Cider Vinegar.
- 7) Wipe pan and heat to medium. Add Oil, Butter and dried Thyme.
- 8) Sprinkle Cod generously with Salt and Pepper.
- 9) Place fish skin side down into pan. Cook 3 minutes. Spoon some oil/butter on to fish. Flip and cook 3 more minutes.
- 10) Wipe pan and add 2 Tablespoons butter. Cook over medium until melted. Add dried Thyme and Garlic. WATCH CAREFULLY!
- 11) In about 1-2 minutes the butter will turn brown and smell nutty. Remove from heat and add walnuts and squeeze of lemon.
- 12) To plate: Place Spaghetti squash on a plate, drizzle with Brown Butter and some walnuts, place fish on top, drizzle with more Brown Butter

## Fun tips and Information

- ❖ Trader Joe’s makes a “slightly” sweetened candied walnut that could be used in this dish. Also consider using Pumpkin seeds if you don’t have walnuts.