



Massie Meal Prep – Pan Seared Cod

Ingredients List:

- 36 ounces wild-caught cod, portioned out into 6-6oz pieces
- PALEO GRIND Lemon Pepper Love
- 2-3 large yams, roasted and peeled (or leave skin on for more nutrients), cut into 1" discs

Ingredient for the pickled onions:

- 1 red onion, julienned
- 1 cup apple cider vinegar
- 1 serrano pepper, bias cut (remove seeds for less heat)
- 1/8 bunch cilantro, rough chop

Preparation Instructions:

1. Preheat a large cast iron skillet or sauté pan over medium-high heat and add olive oil. Season top sides of each cod fillet with PALEO GRIND Lemon Pepper Love and place seasoned side down into the pan. Season other side with more PALEO GRIND Lemon Pepper Love. Pan sear for 4-5 minutes.
2. Lay out six containers and place three discs of roasted yam into each one.
3. Flip the cod fillets in pan. Cook for 1-2 more minutes and cut the heat. If checking fish with a thermometer, you want it to temp at 120°F.
4. In a mixing bowl, place red onions, apple cider vinegar and serrano pepper. Stir to mix and set aside.
5. Place one cod fillet into each container.
6. Fold cilantro into pickled onions in mixing bowl.
7. Top each cod fillet with pickled onions. Place portions into the refrigerator and enjoy over the next five days.

“Keep It Paleo!”