

CHILI-RUBBED FISH WITH ASPARAGUS

Recipe adapted from *EatingWell*, 2006

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KITCHEN

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I've been making this flavorful, one pan dish for quite a few years, adapting a recipe I came across from *EatingWell*, 2006. The warmly spiced rub compliments just about any white fish, and the lemony asparagus are bright and complimentary.

It's a great recipe to have in your back pocket as it comes together rather quickly, resulting in a very satisfying entrée suitable for busy weeknights or when entertaining guests. If asparagus are not available, sugar snap peas, pea pods, bell peppers, or zucchini are wonderful stand-ins alone or in combination. You may also enjoy an additional side of cooked rice, or mashed sweet or white potatoes.

VARIATION: 1/4 cup of panko bread crumbs can be used with the spice blend in place of flour for additional crunch and texture.

4 Servings

INGREDIENTS

Asparagus

1 tablespoon olive oil or avocado oil

2 pounds asparagus spears, ends trimmed

Fish

2 tablespoons chili powder

2 tablespoons all-purpose flour, or 1 to 1 Gluten-Free Flour

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon ground turmeric

1/2 teaspoon salt - divided 1/4 teaspoon + 1/4 teaspoon

1/4 teaspoon ground black pepper, divided 1/8 teaspoon + 1/8 teaspoon

4 white fish fillets – Catfish, Tilapia, Sole, Cod, Walleye, Halibut or another favorite

2 tablespoons olive or avocado oil

4 tablespoons lemon juice, divided 3 tablespoons + 1 tablespoon

DIRECTIONS

1. Heat 1 tablespoon of oil in a large nonstick skillet over medium heat. Add the asparagus spears, toss to coat with oil. Saute the asparagus until just starting to soften (not fully cooked through). Transfer to a plate and set aside.

2. On a large plate, use a fork to combine the chili powder, flour, garlic powder, onion powder, turmeric, 1/4 teaspoon salt and 1/8 teaspoon pepper. Dredge fillets through the spice mixture to coat and gently shake to remove excess.

3. Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add the fish and cook until just opaque in the center, gently turning halfway, about 5 to 7 minutes total. Cooking time will vary by type and thickness of fish.
4. Transfer cooked fillets to individual serving plates or a large serving platter to rest; cover and keep warm.
5. Immediately add 3 tablespoons of the lemon juice, the remaining 1/4 teaspoon of salt, 1/8 teaspoon of ground black pepper to the skillet. Stir to combine and incorporate any remaining seasoning from the fish. Add the asparagus to the pan, tossing gently to coat. Cook over medium heat until heated through, about 1 1/2 - 2 minutes. The asparagus should be tender when pierced with a knife or fork, but still holding their shape (al dente).
6. Arrange the asparagus on the plates or platter with the fish. Sprinkle the remaining 1 tablespoon of lemon juice over the fish. Serve immediately.