



WILD WELLNESS

4 WEEKS OF WILD ALASKA SEAFOOD FOR A HEALTHIER YOU

Your complete guide to adding more seafood to your diet to accomplish your health goals.



FOUR WEEKS TO ADD MORE SEAFOOD TO YOUR DIET



This four-week meal guide will help you build sustainable new habits to add more seafood to your diet week to week. You'll learn how cooking wild-caught seafood can help add nutrition, flavor and ease to your diet, no matter what your health goals are making it delicious and simple to live better, wild.

Each week will introduce to you a skill that will help you enjoy seafood as a keystone of your diet and lifestyle.

Week 1:

Essential pantry staples for fish any day

Week 2:

Kitchen tools that get fish on the table in under 30 minutes

Week 3:

Tips to make your seafood meals even healthier

Week 4:

Easy tips to stock your fridge with seafood throughout the week

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE A CERTAIN MEDICAL CONDITION. THE FDA RECOMMENDS AN INTERNAL TEMPERATURE OF 145°F FOR COOKED FISH.

Breadcrumbs, Capers, Spices

3 BASIC INGREDIENTS THAT SET YOU UP TO COOK ANY FISH, ANYTIME

Breadcrumbs

Adds crunch to flaky fish. They can level up an already delicious dish with that extra layer of texture.

Capers

These bring the oomph (in a tiny package). Their salty, briny flavor is a classic pairing for seafood, and can last in the fridge for a good while.

Dried spices

The key to flavor experimentation. Having a range of ground spices not only add incredible depth in flavor, but allow you to play with different cuisine types with just a few spice changes.



WEEK 1 3 PANTRY STAPLES

Pesto Baked Salmon with Crispy Panko Crust



Panko breadcrumbs, combined with a spoonful of premade pesto, becomes a crunchy and delicious topping for wild salmon. It's a recipe that requires minimal ingredients but delivers maximum flavor and texture.

PREP TIME	COOK TIME
5 minutes	10 minutes
TOTAL TIME	YIELD
20 minutes	1 servings

INGREDIENTS

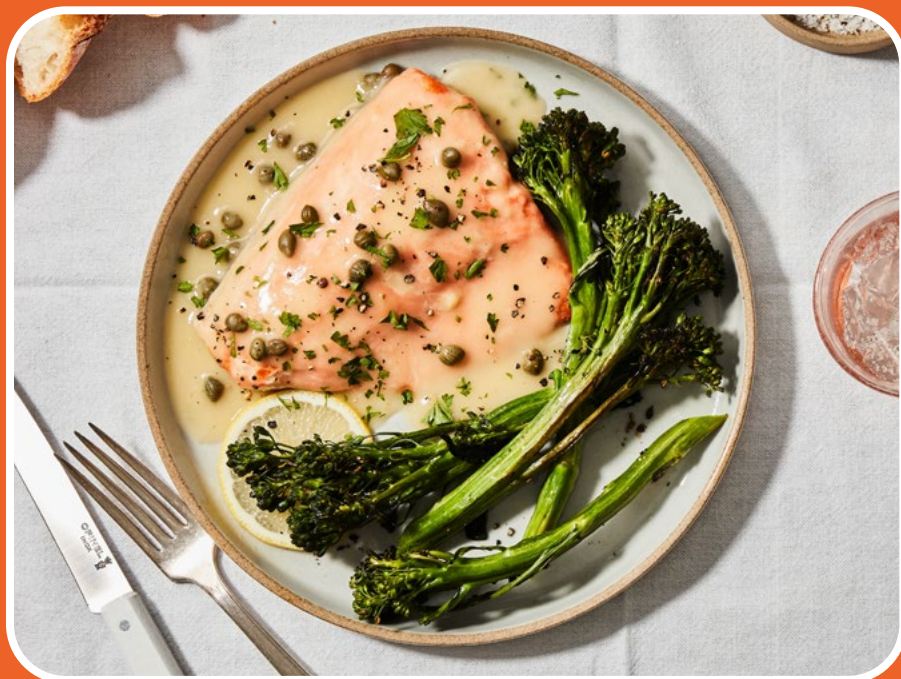
- 1 (6 oz.) portion sockeye salmon or coho salmon
- Extra-virgin olive oil
- Salt and freshly ground black pepper
- A spoonful of premade pesto
- A handful of panko breadcrumbs
- Lemon wedges, optional

INSTRUCTIONS

1. Arrange top rack 4 to 6 inches away from broiler element, then preheat oven to 375F.
2. Meanwhile, use a clean tea towel or paper towel to pat salmon fillet dry. Then, place salmon in a baking dish or on a baking sheet and drizzle with olive oil, coating all sides. Season lightly with salt and pepper.
3. Generously spoon pesto over the top of fillet, then top with panko breadcrumbs, pressing them in lightly to adhere to pesto. Drizzle with a little more olive oil, then place on a center rack in oven. Bake for 5 to 7 minutes, depending on thickness of fillet, until just flaky around the edges.
4. Turn on broiler, then move salmon to the top rack. Cook salmon until panko has browned, another two minutes or so, watching closely to avoid burning. Salmon is medium-rare when it has reached an internal temperature of 120F on an instant-read thermometer at its thickest part, or when it flakes easily with a fork.
5. Serve while hot and crispy, with a wedge of lemon if desired.

WEEK 1 3 PANTRY STAPLES

One-Pan Salmon Piccata with Lemon and Capers



Capers, lemon, and butter—piccata is classic preparation for a reason. This basic trio of ingredients packs a punch when combined as a quick pan-sauce to pour over a flaky fillet of salmon.

PREP TIME
5 minutes

COOK TIME
15 minutes

TOTAL TIME
20 minutes

YIELD
2 servings

INGREDIENTS

- 2 (6 oz.) portions sockeye salmon or coho salmon
- ½ cup vegetable broth
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper
- Flour, for dredging
- High-heat cooking oil
- 2 tablespoons butter
- 2 teaspoons capers
- Handful of parsley, finely chopped

INSTRUCTIONS

1. Combine vegetable broth and lemon juice in small bowl. Set aside.
2. Heat a skillet over medium-high heat. Meanwhile, pat salmon fillets dry with clean kitchen towel or paper towels to remove excess moisture. Season both sides with salt and pepper, then dredge lightly in flour.
3. Add just enough high-heat cooking oil to cover bottom of hot pan. When oil begins to shimmer (sizzling hot), carefully add fillets skin-side down, pressing firmly into pan with a fish spatula for 20 seconds to ensure good skin to pan contact. Sear, undisturbed, until fish releases easily from pan, about 3 to 4 minutes depending on thickness of fillet.
4. Flip to sear remaining side, about 1 to 3 more minutes. Fish is medium-rare when internal temperature reaches 120F at its thickest part on an instant-read thermometer, or when it flakes easily with a fork.
5. Transfer fillets to a serving plate. Add the broth mixture, scraping up any browned bits from bottom of skillet. Cook until reduced by half, a few minutes. Add capers and parsley, then remove skillet from heat. Whisk in butter until incorporated and sauce takes on a glossy sheen.
6. Pour over salmon fillets and enjoy immediately with a side of crusty bread to soak up sauce.

WEEK 1

3 PANTRY STAPLES

Easy Honey Blackened Salmon



The easy blackening seasoning in this recipe can be made with dried spices that you have tucked away in your pantry. Combined with honey and a little olive oil, the mixture becomes a sweet and smoky marinade for lean wild-caught salmon.

PREP TIME
10 minutes

COOK TIME
6 minutes

TOTAL TIME
16 minutes

YIELD
2 servings

INGREDIENTS

- 2 (6 oz.) portions sockeye salmon or coho salmon
- 1 ½ teaspoons smoked paprika
- ¼ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ¾ teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons honey

INSTRUCTIONS

1. To make blackening seasoning, combine paprika, cayenne, garlic powder, pepper, oregano, thyme and salt in a small bowl. Set aside.
2. Pat salmon fillets dry with a clean kitchen towel or paper towel, then arrange on a foil-lined rimmed baking sheet or oven safe dish. Sprinkle blackening seasoning onto fillets. Drizzle olive oil and honey over salmon, then turn each fillet to coat. Let sit, skin side down for 20 minutes.
3. Meanwhile, arrange a rack at least 4 inches from the broiler and turn it on to preheat.
4. Transfer marinated salmon to the preheated oven and let broil until cooked through — easily flakes apart and is charred in spots, 4 to 6 minutes.
5. Serve immediately.

WEEK 1

3 PANTRY STAPLES

Baked Pacific Cod with Garlicky Breadcrumb Crust



It's essentially fish, baked with breadcrumbs on top — but a couple of key ingredients transform this dish into one that you'll want to make over and over again. Tossing some grated parmesan and butter into the breadcrumbs ensures that they'll become extra savory, extra golden, and extra crunchy after a quick spin under the broiler.

PREP TIME

5 minutes

COOK TIME

10 minutes

TOTAL TIME

15 minutes

YIELD

2 servings

INGREDIENTS

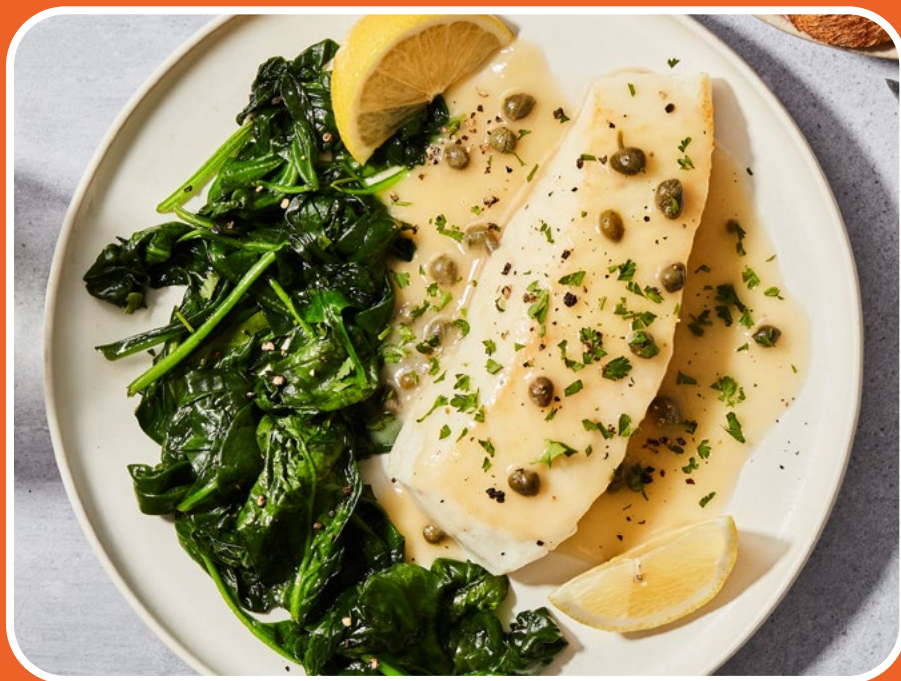
- 2 (6-ounce) portions Pacific cod
- 1 tablespoon butter or extra-virgin olive oil
- 2 tablespoons breadcrumbs
- 1 tablespoon grated parmesan
- 1 tablespoon garlic, minced
- 1 tablespoon fresh parsley, minced
- 4 slices of lemon
- ½ cup cherry tomatoes, halved
- Salt and black pepper
- Lemon wedges, for serving

INSTRUCTIONS

1. Arrange top rack in oven so that it's 4 to 6 inches from the broiler element. Then, preheat oven to 400F.
2. Meanwhile, in a small mixing bowl, stir together breadcrumbs and butter/olive oil, as well as parmesan, garlic, and parsley. Season lightly with salt and pepper.
3. Arrange fillets in a baking dish or on a rimmed baking sheet, seasoning both sides of the fillets with salt and pepper. Slip a few lemon slices under fillets. Then, top each fillet with a portion of the breadcrumb mixture. Scatter cherry tomatoes around the fish and drizzle with more olive oil. Place on top rack in oven, then set timer to bake for 6 minutes for thinner fillets, 8 minutes for thicker ones.
4. When the timer goes off, use an instant-read thermometer to check the internal temperature of the Pacific cod. At the thickest part, the fish should register at 125F, slightly underdone. If you don't have a thermometer, the Pacific cod should be flaky around the edges but still slightly translucent in the center. Allow to cook for an extra minute or two if still too underdone.
5. Then, turn on the broiler. Broil fish until breadcrumbs turn golden brown, about one or two minutes. Do not allow to burn. Transfer finished fish to a serving platter and enjoy immediately, spooning any pan juices around the fish to serve.

WEEK 1 3 PANTRY STAPLES

One-Pan White Fish Piccata with Lemon and Capers



Capers, lemon, and butter — piccata is classic preparation for a reason. This basic trio of ingredients packs a punch when combined as a quick pan-sauce to pour over a mild, flaky Pacific halibut fillet.

PREP TIME	COOK TIME
5 minutes	15 minutes
TOTAL TIME	YIELD
20 minutes	2 servings

INGREDIENTS

- 2 (6 oz.) portions Pacific Halibut
- ½ cup vegetable broth
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper
- Flour, for dredging
- High-heat cooking oil
- 2 tablespoons butter
- 1 tablespoon capers
- Handful of parsley, finely chopped

INSTRUCTIONS

1. Combine vegetable broth and lemon juice in small bowl. Set aside.
2. Heat a skillet over medium-high heat. While skillet preheats, pat halibut dry with clean kitchen towel or paper towels to remove excess moisture. Season both sides of fillets with salt and pepper, then dredge lightly in flour.
3. Add just enough high-heat cooking oil to cover bottom of hot pan. When oil begins to shimmer (sizzling hot), carefully add fish. Sear, undisturbed, until fish releases easily from pan, about 3 to 4 minutes depending on thickness of fillet. Flip to sear remaining side, about 2 to 3 more minutes. Fish is medium-done when internal temperature reaches 130F at its thickest part on an instant-read thermometer, or when it flakes easily with a fork.
4. Transfer fillets to a serving plate. Add the broth mixture, scraping up any browned bits from bottom of skillet. Cook until reduced by half, a few minutes. Add capers and parsley, then remove skillet from heat. Whisk in butter until incorporated and sauce takes on a glossy sheen.
5. Pour piccata sauce over halibut fillets and enjoy immediately.

WEEK 1 3 PANTRY STAPLES

Blackened Rockfish Sandwich with Zesty Tartar Sauce



A cajun-inspired fish blackening rub, made with basic pantry spices, adds smoky spice to flavorful rockfish. This rub adds delicious color to seared fillets and pairs perfectly with a zesty, homemade tartar sauce.

PREP TIME
10 minutes

COOK TIME
5 minutes

TOTAL TIME
15 minutes

YIELD
2 servings

INGREDIENTS

- 2 (6 - 8 oz.) portions Rockfish
- 3 tablespoons smoked or regular paprika
- 1 tablespoon cayenne
- 2 teaspoons black pepper, divided
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 cup mayo
- 1 small shallot, small diced
- 5 garlic cloves, minced
- 3 tablespoons dill, chopped
- 2 tablespoons whole grain mustard
- 2 tablespoons capers
- 2 tablespoons peppadews, chopped, optional
- ¼ teaspoon red chili flakes
- Zest from 1 lemon
- 3 tablespoons high-heat cooking oil
- 2 long sandwich rolls
- 2 cups shredded romaine
- 1 tomato, sliced
- ½ cup bread and butter pickles

INSTRUCTIONS

1. To make cajun spice mix, combine paprika, cayenne, 1 teaspoon black pepper, garlic powder, oregano, thyme in a small bowl and set aside.
2. To make tartar sauce, combine mayo, shallot, garlic, dill, mustard, capers, peppadews, remaining teaspoon black pepper, red chili flakes and lemon zest in a small bowl and set aside.
3. Pat rockfish dry with a clean kitchen towel or paper towel. Season with salt, then coat with cajun spice mix.
4. Heat a medium skillet over medium-high heat. When skillet is hot, add enough oil to just cover bottom. Once oil starts to shimmer (sizzling hot) add the rockfish fillets and pan-fry until browned on each side, about 2 minutes per side.
5. Assemble sandwiches. Dress rolls with 3 to 4 tablespoons of tartar sauce, then divide fillets and sliced tomatoes evenly between sandwiches. Top with lettuce and pickles, and serve alongside chips.

Sheet Pan, Fish Spatula, Air Fryer

3 ESSENTIAL TOOLS FOR FAST, HOME-COOKED FOOD IN UNDER 30 MINUTES

Sheet pan

Your weeknight meal hero. You can build a full meal on a single sheet pan, throw it in the oven, and have dinner on the table without breaking a sweat. Plus, it makes cleaning up a breeze.

Fish spatula

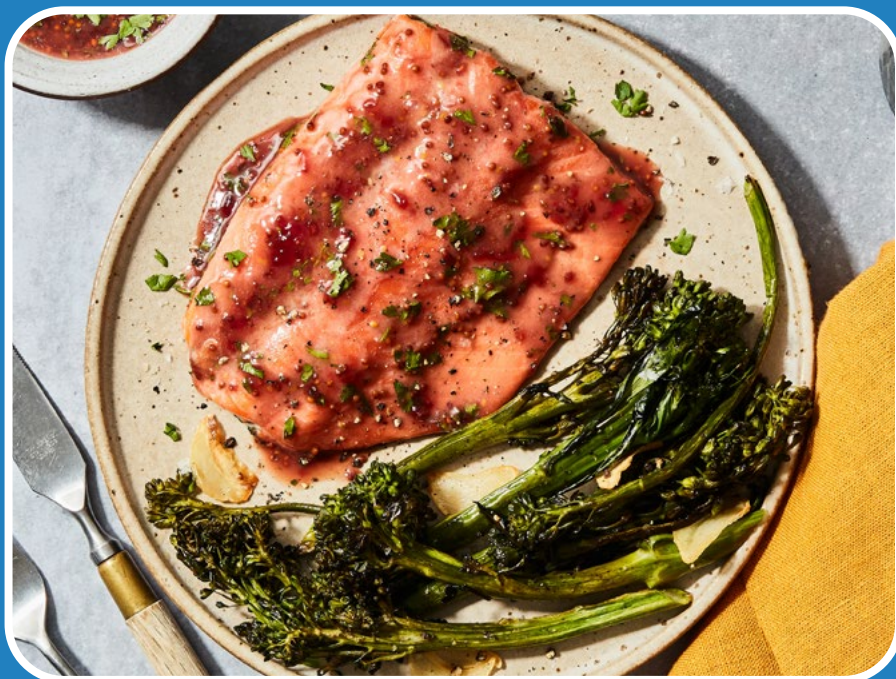
Longer and thinner than your typical kitchen spatula. This tool makes it easier to flip even the most delicate cuts of fish, so you'll love adding a quick skillet of seared fish to your menu any night of the week.

Air fryer

A time-saver and texture-adder. This countertop appliance helps you make crispy, delicious seafood with dynamic texture and flavor—with the press of a button.



Sheet Pan Salmon with Sweet Mustard Glaze



Mustard and salmon are an iconic duo in the kitchen — especially for easy sheet pan meals. A mustard glazed fillet of fish bakes up beautifully next to quick-cooking vegetables.

PREP TIME	COOK TIME
5 minutes	10 minutes
TOTAL TIME	YIELD
15 minutes	2 servings

INGREDIENTS

- 2 (6 oz.) portions coho salmon, sockeye salmon, or king salmon
- 2 teaspoons dijon mustard
- 2 teaspoons whole grain mustard
- 4 teaspoons garlic, minced, divided
- A mix of minced, fresh herbs like dill, tarragon, or thyme
- Tart fruit preserves (blackberry, lingonberry, cranberry, etc.), to taste
- ½ pound broccolini or asparagus
- Salt and ground black pepper
- Extra-virgin olive oil

INSTRUCTIONS

1. Preheat to 375F. Meanwhile, combine mustards, 2 teaspoons garlic, preserves, and herbs in a small bowl. Taste and adjust by adding more preserves if desired, then set aside.
2. Pat fillets dry with a clean kitchen towel or paper towel, then evenly arrange fillets into baking dish or sheet pan skin side down. Arrange vegetables alongside fish and sprinkle with remaining 2 teaspoons garlic. Lightly season everything with salt and pepper, then drizzle and toss with olive oil to coat.
3. Spoon mustard mixture onto each fillet of fish, spreading on top as well as the sides. Allow fillets to marinate for 10 minutes while oven preheats.
4. Place baking dish or sheet pan in oven and set timer for 8 to 10 minutes, depending on thickness of fillet. Salmon is done when it flakes easily with a fork or reaches an internal temperature of 120F on an instant-read thermometer. Allow to cook for a few minutes more to desired doneness, if needed.
5. Enjoy immediately, or at room temperature if desired.

Crispy-Seared Salmon with Savory Blueberry-Thyme Sauce



A crispy-seared fillet of salmon is one of the quickest, most satisfying dishes you can make. It's delicious on its own, but it's even better when paired with blueberry compote, an easy sauce that you can make with fresh or frozen blueberries.

PREP TIME	COOK TIME
5 minutes	20 minutes
TOTAL TIME	YIELD
25 minutes	2 servings

INGREDIENTS

- 2 (6 oz.) portions sockeye salmon or coho salmon
- High-heat cooking oil
- Salt and freshly ground black pepper

FOR THE COMPOTE

- 1 cup fresh or frozen blueberries
- Juice and zest of half a lemon
- 1 to 2 teaspoons honey or maple syrup
- 1 teaspoon water
- 2 sprigs fresh thyme
- Pinch of salt
- 2 tablespoons butter

INSTRUCTIONS

1. Combine all compote ingredients in a small pot or saucepan, excluding butter. Bring to a simmer and allow to cook until berries release their juices and begin to become saucy, about 10 minutes. Stir in butter until evenly distributed. Remove from heat and set aside.
2. Heat large skillet over medium-high heat. Meanwhile, pat fillets dry to remove excess moisture. Season with salt and pepper.
3. When skillet is hot, add just enough oil to cover bottom. When oil is sizzling hot, carefully place one salmon fillet skin-side down into skillet and immediately press down onto fillet with a fish spatula to ensure good skin to pan contact. Hold firmly for 15 seconds, then repeat with remaining fillet.
4. Reduce heat to medium. Sear each fillet for 3 minutes, or until the salmon releases easily from the skillet with the help of a fish spatula. Carefully flip and allow other side to cook to desired doneness, another 1 to 3 minutes depending on thickness of fillets. Salmon is medium-rare when thickest part registers 120F on an instant-read thermometer, or when flaked easily with a fork. Transfer to serving plates, placing salmon skin-side up to preserve crisp texture.
5. Spoon blueberry compote over salmon and serve immediately.

WEEK 2

3 COOKING TOOLS

Air Fryer Teriyaki Salmon and Crispy Broccoli



This air fryer salmon teriyaki recipe is a fully composed meal that you can make in under 15 minutes — proof that you don't need to sacrifice flavor or health for speed.

PREP TIME
5 minutes

COOK TIME
10 minutes

TOTAL TIME
15 minutes

YIELD
2 servings

INGREDIENTS

- 2 (6 oz.) portions Sockeye Salmon or Coho Salmon
- 2 ½ cups broccoli, cut into small pieces
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground black pepper
- 2 tablespoons store-bought or homemade teriyaki sauce

INSTRUCTIONS

1. Preheat air fryer to 375F.
2. Toss broccoli with oil, ½ teaspoon salt, ½ teaspoon of pepper.
3. Season salmon fillets with salt and pepper, then brush each with 1 tablespoon of sauce.
4. Line air fryer with parchment. Arrange salmon and broccoli in an even layer and set timer for 8 to 10 minutes depending on thickness of fillet. Salmon is medium-rare when thickest part of fillet registers at 120F on an instant-read thermometer. Broccoli can be left to cook in air fryer for a few minutes after removing salmon until it reaches desired crispness.
5. Transfer salmon and broccoli to serving plate and enjoy immediately.

Mediterranean Baked Pacific Halibut with Cherry Tomatoes



This easy recipe for a Mediterranean halibut bake channels the bold yet simple flavors of Greek cuisine in a one-pan meal that's ready in about 20 minutes. Ripe cherry tomatoes, salty feta cheese, and briny kalamata olives are scattered on top of the fish, and they'll release their juices and flavors into the dish as they bake.

PREP TIME	COOK TIME
8 minutes	12 minutes
TOTAL TIME	YIELD
20 minutes	2 servings

INGREDIENTS

- 2 (6 oz.) portions Pacific halibut
- Sea salt and freshly ground black pepper
- ½ cup cherry tomatoes, halved
- ¼ cup kalamata olives
- 2 tablespoons feta cheese, crumbled
- 1 tablespoon fresh thyme, or 1 teaspoon dried thyme
- 2 teaspoons garlic, minced
- 1 tablespoon fresh lemon juice
- Extra-virgin olive oil

INSTRUCTIONS

1. Preheat oven to 375F.
2. Arrange Pacific halibut in a baking dish, leaving space between fillets. Season with salt and pepper. Scatter tomatoes, olives, feta, thyme, and garlic on top of fish, then drizzle with lemon juice and a generous amount of olive oil, about 2 to 3 tablespoons.
3. Place baking dish on center rack in oven and set timer to 10 minutes. At the 10-minute mark, check on the doneness of fillets. Halibut is done when thickest part flakes easily or has reached an internal temperature of 130 degrees on an instant-read thermometer. Cook for a couple more minutes until fish reaches desired doneness.
4. Serve while hot or at room temperature with side of cooked greens, rice, or lemony roasted potatoes.

WEEK 2 3 COOKING TOOLS

Perfectly Seared Pacific Halibut with Chopped Veggie Salad



The Pacific halibut is quickly seared in a pan for crisp texture to pair with a crunchy, raw veggie salad. Make a big batch of the salad, if you like, to stash in the fridge for another meal or two.

PREP TIME	COOK TIME
15 minutes	6 minutes
TOTAL TIME	YIELD
21 minutes	2 servings

INGREDIENTS

- 2 (6 oz.) portions Pacific halibut
- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon lemon or lime juice
- Salt and freshly ground black pepper
- 1 medium ear of sweet corn, kernels cut from the cob, or 1 cup frozen corn kernels, thawed
- 1 cup cherry or grape tomatoes, halved
- 1 zucchini, quartered lengthwise then cut into ½-inch sticks
- ¼ cup finely chopped red onion
- 5 to 10 basil leaves, sliced chiffonade, plus more for garnish
- teaspoon garlic powder
- High-heat cooking oil
- Lemon/lime wedges, for serving

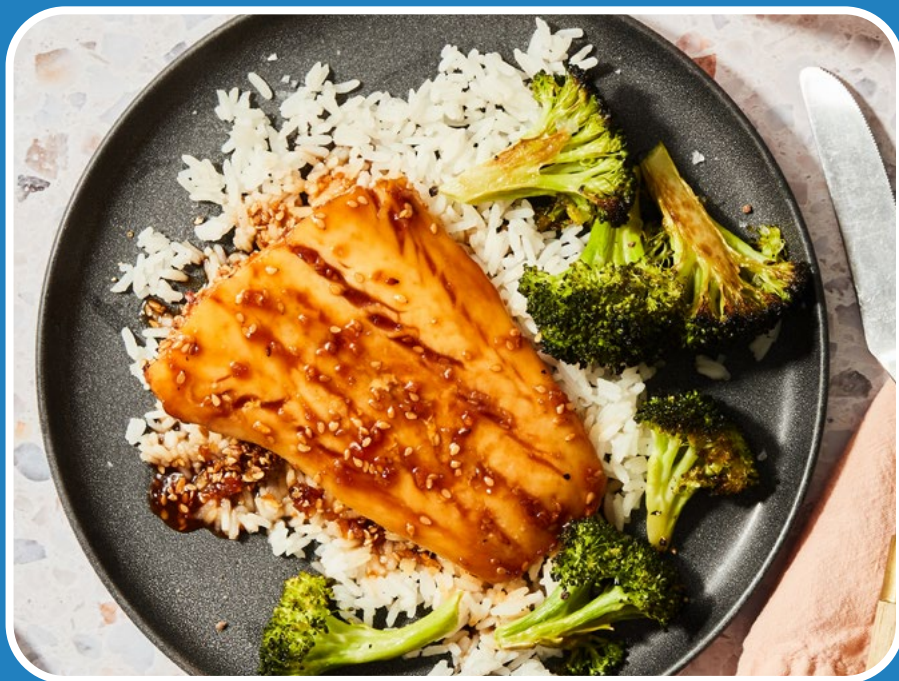
INSTRUCTIONS

1. In a small bowl, whisk together olive oil, lemon/lime juice, a pinch of salt, and freshly ground black pepper. Set aside.
2. Prepare the salad. Combine corn, zucchini, and cherry tomatoes, red onion, and basil in a large mixing bowl. Pour lemon dressing over salad and toss gently to coat. If desired, allow salad to sit in refrigerator for at least 30 minutes prior to serving to allow flavors to meld.
3. Meanwhile, heat a skillet over medium-high heat. While skillet preheats, pat halibut fillets dry with clean kitchen towel or paper towels to remove excess moisture. Season both sides of fillets with garlic powder, salt and pepper.
4. Add just enough high-heat cooking oil to cover bottom of hot skillet. When oil begins to shimmer (sizzling hot), carefully add fillets. Sear, undisturbed, until fish releases easily from pan, about 2 to 3 minutes. Flip to sear remaining side for about 2 to 3 more minutes until fish flakes easily with a fork. Fish is medium-done when internal temperature reaches 130°F at its thickest part on an instant-read thermometer. Add cook time as needed until fish reaches desired doneness.
5. Adjust salad seasoning as needed, then divide evenly among serving bowls. Top with a seared fillet, then garnish with fresh citrus wedges and basil. Leftover salad keeps in the fridge for up to 3 days.

WEEK 2

3 COOKING TOOLS

Air Fryer Teriyaki White Fish and Charred Broccoli



This air fryer salmon teriyaki recipe is a fully composed meal that you can make in under 15 minutes — proof that you don't need to sacrifice flavor or health for speed.

PREP TIME
5 minutes

COOK TIME
10 minutes

TOTAL TIME
15 minutes

YIELD
2 servings

INGREDIENTS

- 1 (6 oz.) portion Pacific cod
- 1 cup broccoli, cut into small pieces
- 2 teaspoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 1 tablespoons store-bought or homemade teriyaki sauce

INSTRUCTIONS

1. Preheat air fryer to 375F.
2. Toss broccoli with oil, salt and pepper.
3. Season fillets with salt and pepper, then brush each with 1 tablespoon of sauce.
4. Line air fryer with parchment. Arrange fish and broccoli in an even layer and set timer for 8 to 10 minutes depending on thickness of fillet. Fish is medium-rare when thickest part of fillet registers at 120F on an instant-read thermometer. Broccoli can be left to cook in air fryer for a few minutes after removing salmon until it reaches desired crispness.
5. Transfer fish and broccoli to serving plate and enjoy immediately.

Veggie-Forward, Low-Carb, Dairy-Free

3 WAYS TO MAKE YOUR SEAFOOD MEALS EVEN HEALTHIER
BY PAIRING WITH WHOLE FOODS

Quick Veggies

Cooking fish and tender vegetables at the same time makes for an effortless meal packed with nutrition.

Low-Carb Options

Instead of relying on a traditional carb like rice or pasta to round out your meals, broaden your veggie intake by integrating more low-carb choices.

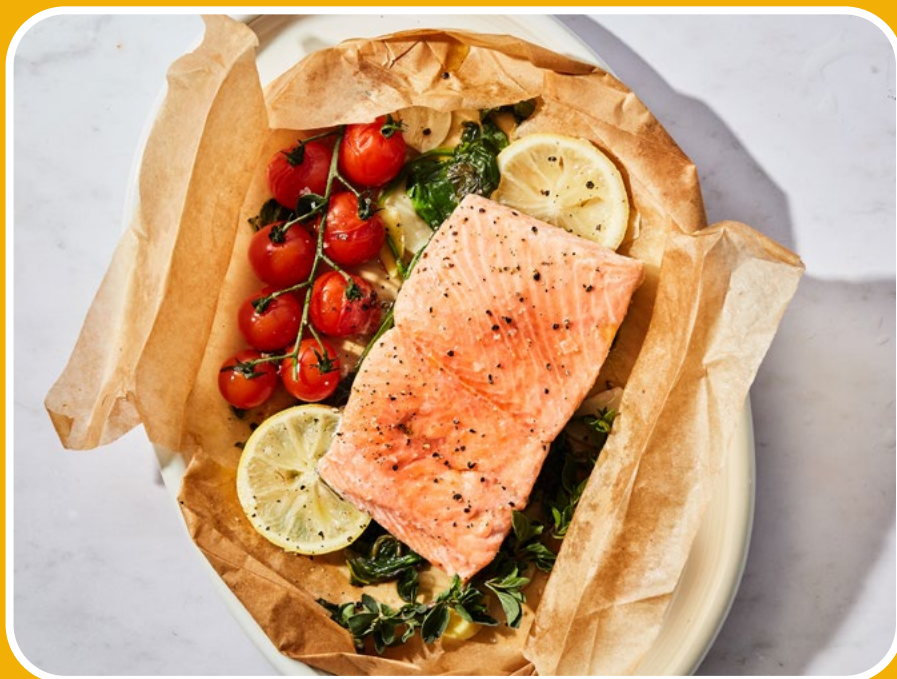
Dairy-Free:

Coconut milk is leaner than heavy cream, but it can lend richness to recipes when you're craving a little indulgence. Plus, it's a great poaching liquid for the flakiest fish.



WEEK 3 VEGGIE-FORWARD, LOW-CARB, DAIRY-FREE

Steamy One-Pouch Salmon with Garlic, Lemon, and Wilted Spinach



Cooking fish and vegetables “en papillote” — in a pouch of parchment paper or even aluminum foil — ensures that each ingredient is steaming in tight quarters, infusing the entire meal with lots of flavor. Plus, using this cooking method helps fish stay perfectly moist and flaky.

PREP TIME	COOK TIME
10 minutes	15 minutes
TOTAL TIME	YIELD
25 minutes	1 servings

INGREDIENTS

- 1 (6 oz.) portion Sockeye Salmon or Coho Salmon
- 1 sheet parchment paper, 10x14 inches
- 1 cup baby spinach
- Salt
- 1 tablespoon extra-virgin olive oil
- 2 thin slices lemon
- 4 cherry tomatoes, washed
- 1 clove garlic, minced
- 1 sprig fresh oregano

INSTRUCTIONS

1. Preheat oven to 450F.
2. Using a clean kitchen towel or paper towels, gently pat any excess moisture from fish. Crease parchment paper in half, then pile spinach just off center of the crease. Place fillet on top of spinach, skin-side down if using skin-on fillets. Season with salt and drizzle with olive oil, then sprinkle with oregano.
3. Place lemon slices on top of fillet. Arrange tomatoes and garlic around and on top of fish.
4. Fold the top of the paper down to the bottom and seal the edges, making overlapping folds. Fold the last corner under the package to secure the seal.
5. Place package on sheet pan and transfer to oven. Salmon will need about 8 to 10 minutes of cook time depending on thickness of fillet. Fish is done when it flakes easily with a fork — you can open the packet to check, and loosely reseal if more cook time is needed.
6. Serve package on a plate and cut open from the center, preserving all the juices in the paper. Leftovers can be stored in the fridge for 3 days.

WEEK 3 VEGGIE-FORWARD, LOW-CARB, DAIRY-FREE

One-Pan Poached Salmon in Coconut-Lime Sauce



This recipe for salmon poached in coconut milk is just the right amount of rich and bursting with flavor — perfect for serving with a side of rice or veggies. Any variety of wild-caught salmon can benefit from poaching as a cooking method, as the creamy lime sauce makes it easy to get a tender, moist flake.

PREP TIME	COOK TIME
10 minutes	20 minutes
TOTAL TIME	YIELD
30 minutes	2 servings

INGREDIENTS

- 4 teaspoons cooking oil, divided
- 2 (6 oz.) portions sockeye salmon, coho salmon, or king salmon
- Sea salt and freshly ground pepper
- 1 garlic clove, finely minced
- 1 teaspoons ginger, finely grated
- 1 cup coconut milk
- 1 cup fish stock or veggie stock
- 1 ½ teaspoons tablespoon fish sauce, soy sauce, or gluten-free tamari
- 1 teaspoon lime zest (from ½ lime)
- Lime juice, to taste
- Fresh cilantro leaves, finely chopped
- Julienned green onion, finely sliced
- Fresh lime wedges
- Rice or noodles for serving, if desired

INSTRUCTIONS

1. Heat 2 teaspoons oil in a non-stick pan or well-seasoned skillet over medium-high heat. Season salmon with salt and pepper, then add to pan skin-side down and sear until fillet releases easily from pan, about 2 minutes. Turn salmon and cook the other side for another minute, then transfer to a plate. The salmon should not be cooked through at this point.
2. Turn heat down to medium-low and allow skillet to cool. Then, heat remaining 2 teaspoons oil. Add garlic and ginger. Cook until garlic is light golden, about 30 seconds. Add coconut milk and stir, scraping the bottom of the skillet to deglaze any bits stuck on the base into the sauce. Bring coconut milk to a simmer, then stir in stock and fish sauce/soy sauce. Simmer for 2 minutes.
3. Lower salmon into sauce, then reduce heat to a gentle simmer. Cook for 4 minutes, or until just cooked through. Remove salmon, stir in lime zest and juice to taste. Adjust salt to taste with fish sauce/soy sauce. Serve salmon fillets over noodles or rice. Spoon over coconut sauce, garnishing with green onions, cilantro, and lime.

WEEK 3 VEGGIE-FORWARD, LOW-CARB, DAIRY-FREE

Crispy Seared Salmon with Creamy Cauliflower Mash



This recipe for pan-seared salmon with cauliflower mash is a satisfying high-protein, low-carb combination when you're craving a comforting meal, but looking for something on the lighter side. Made with a touch of butter and plain greek yogurt instead of sour cream, the cauliflower mash is still extra creamy.

PREP TIME	COOK TIME
10 minutes	15 minutes
TOTAL TIME	YIELD
25 minutes	2 servings

INGREDIENTS

- 2 (6 oz) sockeye or coho salmon fillets
- ½ head fresh cauliflower, chopped into florets, or 2 cups frozen cauliflower florets
- High-heat cooking oil
- Salt and freshly ground black pepper
- ¼ cup plain greek yogurt
- 1 tablespoon unsalted butter
- 2 tablespoons chives, finely chopped
- Parsley, for serving

INSTRUCTIONS

1. In a lidded pot large enough to fit a steamer basket or colander, bring a couple of inches of water to a simmer over medium heat. Once steaming, add cauliflower to steamer/colander, then cover and cook until stems are fork tender, about 10 to 12 minutes. Alternatively, microwave or boil the cauliflower until tender. Remove from heat and transfer to a mixing bowl.
2. Meanwhile, heat a skillet over medium-high heat. As skillet heats up, pat salmon fillets dry to remove excess moisture, using a clean tea towel or paper towel. Season with salt.
3. Add just enough oil to cover bottom of hot skillet, then allow oil to heat up. When oil begins to shimmer (sizzling hot), carefully place one salmon fillet skin-side down into skillet and immediately press down onto fillet with a fish spatula to ensure good skin to pan contact. Hold firmly for 15 seconds, then repeat with remaining fillet.
4. Sear each fillet for 3 minutes, or until the salmon releases easily from the skillet with the help of a fish spatula. Carefully flip and allow other side to cook for another 1 to 3 minutes depending on thickness of fillets. Salmon is medium-rare when thickest part registers 120F on an instant-read thermometer, or when flaked easily with a fork. Transfer to a plate, placing salmon skin-side up to preserve crisp texture.
5. Use a potato masher or fork to mash the steamed cauliflower until smooth, then stir in yogurt, butter, and half of chives. Season to taste with salt and pepper, then mix until creamy.
6. Spoon a serving of cauliflower mash onto serving plates, then sprinkle with remaining chives. Top with salmon fillets, then garnish with parsley. Enjoy immediately.

WEEK 3

VEGGIE-FORWARD, LOW-CARB, DAIRY-FREE

Steamy One-Pouch White Fish with Garlic, Lemon, and Wilted Spinach



Cooking fish and vegetables “en papillote” — in a pouch of parchment paper or even aluminum foil — ensures that each ingredient is steaming in tight quarters, infusing the entire meal with lots of flavor. Plus, using this cooking method helps fish stay perfectly moist and flaky.

PREP TIME	COOK TIME
10 minutes	15 minutes
TOTAL TIME	YIELD
25 minutes	1 servings

INGREDIENTS

- 1 (6 oz.) portion Pacific cod
- 1 sheet parchment paper, 10x14 inches
- 1 cup baby spinach
- Salt
- 1 tablespoon extra-virgin olive oil
- 2 thin slices lemon
- 4 cherry tomatoes, washed
- 1 clove garlic, minced
- 1 sprig fresh oregano

INSTRUCTIONS

1. Preheat oven to 450F.
2. Using a clean kitchen towel or paper towels, gently pat any excess moisture from fish. Crease parchment paper in half, then pile spinach just off center of the crease. Place fillet on top of spinach, skin-side down if using skin-on fillets. Season with salt and drizzle with olive oil, then sprinkle with oregano.
3. Place lemon slices on top of fillet. Arrange tomatoes and garlic around and on top of fish.
4. Fold the top of the paper down to the bottom and seal the edges, making overlapping folds. Fold the last corner under the package to secure the seal.
5. Place package on sheet pan and transfer to oven. Pacific cod or Pacific halibut will need about 10 to 15 minutes of cook time depending on thickness of fillet. Fish is done when it flakes easily with a fork — you can open the packet to check, and loosely reseal if more cook time is needed.
6. Serve package on a plate and cut open from the center, preserving all the juices in the paper. Leftovers can be stored in the fridge for 3 days.

WEEK 3

VEGGIE-FORWARD, LOW-CARB, DAIRY-FREE

One-Pan Pacific Cod with Lemony Zucchini Noodles



The star of this one-pan recipe for Pacific cod is a generous helping of zucchini “noodles.” Zucchini noodles are an excellent alternative to pasta for those looking to minimize their carbohydrate intake while still enjoying a pasta-style dish. Drizzled with a simple lemon butter sauce, the meal is fresh and healthy, with just a touch of indulgence.

PREP TIME

15 minutes

COOK TIME

20 minutes

TOTAL TIME

35 minutes

YIELD

2 servings

INGREDIENTS

- 2 (6-ounce) fillets Pacific cod
- Salt
- High-heat cooking oil
- 1 zucchini, spiralized, or 3 cups of store-bought spiralized zucchini
- Juice of 1 lemon
- 2 tablespoons butter
- Salt and freshly cracked black pepper

INSTRUCTIONS

1. Heat a large skillet over medium-high heat.
2. Meanwhile, using a clean tea towel or paper towel, pat Pacific cod fillets dry to remove excess moisture. Season lightly with salt.
3. Add just enough oil to cover bottom of skillet and allow to heat up. When oil begins to shimmer (sizzling hot), carefully place cod fillet into pan. Allow to sear until fillet releases easily from the skillet with the help of a fish spatula, about 3 minutes. Carefully flip and allow to cook for another 2 to 4 minutes depending on thickness of fillet. Cod is medium-done when thickest part of fillet registers at 130F on an instant-read thermometer, or when it flakes easily with a fork. Transfer cod to a plate and set aside.
4. Lower heat to medium. Then, in the same pan, add zucchini and saute, stirring constantly, until noodles just become tender, about 5 minutes. Divide evenly among serving bowls.
5. Add butter and lemon juice to pan and bring to a gentle simmer. Lower heat to maintain simmer and allow to reduce until slightly thickened, about 4 or 5 minutes. Season to taste with salt.
6. To serve, place a fillet of cod on top of each bed of zucchini noodles. Carefully pour lemon-butter sauce over each bowl, season with freshly cracked black pepper, then enjoy immediately.

WEEK 3 VEGGIE-FORWARD, LOW-CARB, DAIRY-FREE

Coconut Poached Pacific Halibut with Mango Salsa



Poaching a lean protein in coconut milk adds a bit of richness to your plate, without being too heavy. As a cooking technique, poaching in coconut milk also ensures that the fillet will stay incredibly moist and flaky.

PREP TIME	COOK TIME
15 minutes	20 minutes
TOTAL TIME	YIELD
35 minutes	2 servings

INGREDIENTS

- 2 (6 oz.) portions Pacific Halibut
- 2 tablespoons grapeseed oil
- 1 shallot, minced
- 3 garlic cloves, minced
- 1 fresh Thai red chile, minced
- 1 (14 oz.) can coconut milk
- 1 tablespoon fish sauce
- 1 thick strip of lime zest
- 2 tablespoons lime juice, divided
- 2-inch piece of ginger, minced
- 1 small bunch cilantro, leaves finely chopped, stems reserved, plus more for garnish
- 2 sprigs Thai basil, leaves finely chopped, stems reserved
- 1 large ripe mango, diced
- 2 roma tomatoes, diced
- ½ red onion, diced
- ½ teaspoon crushed red pepper flakes
- Salt
- Steamed rice and Lime wedges, for serving

INSTRUCTIONS

1. In a large, straight-sided pan, heat oil over medium heat until it begins to shimmer. Add shallots, garlic and Thai chili and cook, stirring often until shallots are translucent, making sure garlic doesn't burn, about 2 to 3 minutes.
2. Add coconut milk, fish sauce, 2 strips of lime peel, ginger, cilantro stems and basil stems to pan. Reduce heat to a bare simmer and let infuse for 10 minutes.
3. Meanwhile, mix together mango, tomatoes, onion, red pepper flakes, cilantro leaves, 1 tablespoon lime juice. Season to taste with salt. Set aside.
4. After broth has simmered, season fish with salt and gently place in poaching liquid, arranging in single layer. Cook the fish, covered, until just cooked and it begins to flake and registers at 135F at the thickest part of the fillet on an instant-read thermometer, about 6 to 8 minutes.
5. Using a fish spatula, transfer fish to serving bowls filled with rice. Whisk remaining lime juice into poaching liquid and ladle over fish. Garnish with mango salsa and serve immediately with a lime wedge.

Meal Prep, Batch Cook, Leftovers

WAYS TO STOCK YOUR FRIDGE — COOK ONCE, EAT THRICE

Meal prep

Eat well all week by planning ahead. Certain recipes can easily be doubled or tripled, then portioned into ready-to-eat lunches and dinners.

Batch cook

Think casseroles and stews. These recipes set you up with large batches of food that you can tuck into, anytime.

Embrace leftovers

Flake any leftovers into a bowl, add an egg, and voila, you're on your way to making easy fish cakes!



WEEK 4

MEAL PREP, BATCH COOK, LEFTOVERS

5-Minute Leftover Salmon Salad



This simple salmon salad is the perfect recipe for repurposing leftover fillets, a quick and easy mixture that you can scoop onto a salad, roll into a wrap, or layer onto sandwich bread.

PREP TIME
5 minutes

COOK TIME
0 minutes

TOTAL TIME
5 minutes

YIELD
1 servings

INGREDIENTS

- 1 (6 oz.) portion sockeye salmon or coho salmon, cooked
- ¼ cup plain greek yogurt
- 1 tablespoon dijon mustard
- 1 teaspoon extra-virgin olive oil
- 2 tablespoons red onion, diced
- 2 tablespoons celery, chopped
- 2 tablespoons fresh lemon juice
- ¼ teaspoons salt
- Parsley, chopped, for garnish

INSTRUCTIONS

1. Stir together yogurt, mustard, oil, and lemon juice in a small mixing bowl.
2. Using a fork, flake cooked fillet of salmon into the mixture, then fold to combine.
3. Add celery, onion, and salt to bowl, mixing gently to combine. If desired, allow salmon salad mixture to rest in the refrigerator to allow flavors to mingle.
4. To serve, sprinkle with parsley, then scoop salmon salad onto a bowl of greens, roll into a wrap, or layer onto sandwich bread.

WEEK 4 MEAL PREP, BATCH COOK, LEFTOVERS

Easy Baked Fish Cakes



This recipe for fish cakes repurposes leftover, cooked fillets by adding lots of flavor to the fish, reviving them in a fun new format. Unlike some fish cakes recipes, these are baked. Knowing how to bake fish cakes in the oven makes it easier to prepare these, as they're less likely to fall apart — no flipping required.

PREP TIME	COOK TIME
5 minutes	30 minutes
TOTAL TIME	YIELD
35 minutes	4 servings

INGREDIENTS

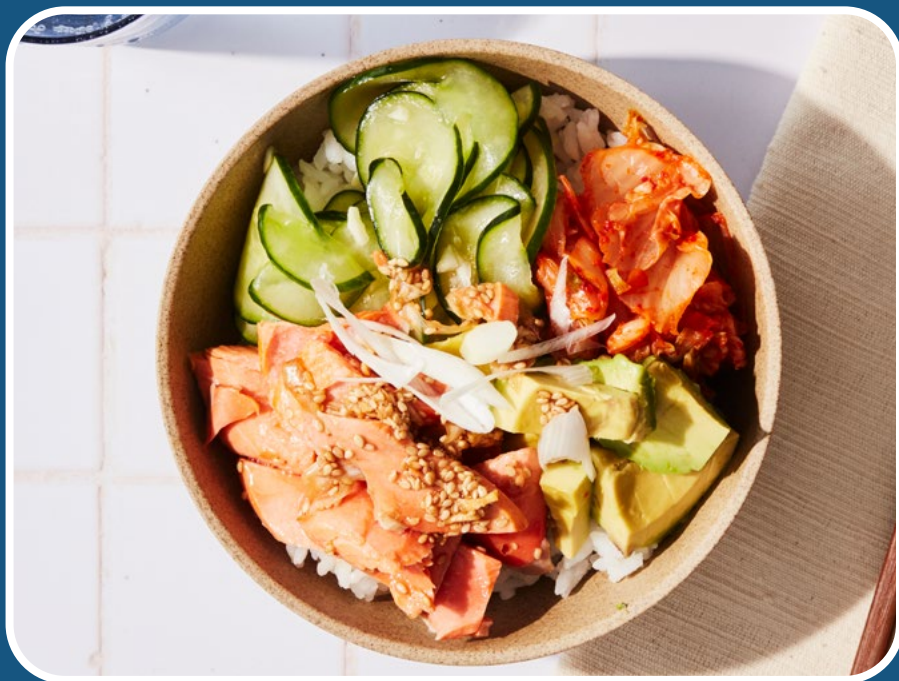
- 2 (6 oz.) portions wild-caught fish, cooked
- 1 egg
- ¼ cup celery stalk, finely chopped
- ¼ cup red bell pepper, finely chopped
- ¼ cup red onion, finely chopped
- 3 tablespoons mayonnaise or plain greek yogurt
- 2 tablespoons dijon mustard
- 2 tablespoons chopped parsley, plus extra for garnish
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons garlic, minced
- 1/3 cup almond flour, plus more as needed

INSTRUCTIONS

1. Preheat the oven to 375F.
2. In a large bowl, flake fish with a fork to desired consistency — large or small flakes, depending on your preference.
3. In the same bowl, add egg, celery, red bell pepper, onion, mayo/yogurt, mustard, olive oil, garlic, and parsley. Mix until well combined and vegetables are evenly distributed throughout the mixture. Add 1/3 cup almond flour and mix well.
4. Line a baking sheet with parchment paper. Using a spoon or your hands, form a palm-sized scoop into a cake and place it on the baking sheet. Using your palm, slightly press down to flatten the cake slightly to create a consistent cook time.
5. Cook in the oven for 18 to 20 minutes, or until lightly browned.
6. Let cool for about 5 minutes before serving. If meal prepping, transfer completely cooled fish cakes to a covered container and store in refrigerator for up to 3 days. Alternatively, wrap individual fish cakes tightly in plastic, place in freezer bag, and freeze for up to one month for best quality.

WEEK 4 MEAL PREP, BATCH COOK, LEFTOVERS

Ginger-Lime Salmon Poke Bowl with Kimchi



This riff on a poke bowl dresses cooked, flaked salmon in a zesty ginger-lime poke sauce that transforms leftover fillets into a punchy topping for steamed rice. Salted cucumbers, spicy kimchi, and ripe avocado, add fresh components and craveable texture to the meal.

PREP TIME
20 minutes

COOK TIME
0 minutes

TOTAL TIME
20 minutes

YIELD
4 servings

INGREDIENTS

- 2 (6 oz.) portion sockeye salmon or coho salmon, cooked and flaked
- 1 cup short-grain rice, raw
- Salt
- 2 tablespoons plus 1 teaspoon sesame oil, divided
- 1 teaspoon garlic, minced
- 2 medium cucumbers, very thinly sliced
- ¼ cup soy sauce
- 1 tablespoon rice wine vinegar
- 2 tablespoons lime juice
- ½ teaspoon fresh ginger, freshly grated
- 1 cup kimchi, chopped (optional)
- 1 ripe avocado, sliced
- 2 scallions, thinly sliced
- Sesame seeds, nori, and/or furikake to garnish (optional)

INSTRUCTIONS

1. Preheat oven to 375F.
2. In a medium bowl, combine cucumber with 2 teaspoons of salt, tossing to coat. Allow to sit for at least 15 minutes, then rinse and drain. Taste to check for salt level. If too salty, rinse and drain again. Squeeze out any excess moisture when cucumbers are seasoned to your taste, then toss with garlic and 2 teaspoons sesame oil.
3. Rinse rice in a few changes of water, then cook according to package directions. Once cooked, stir in 2 teaspoons sesame oil and ¼ teaspoon salt and set aside until just cool enough to handle.
4. Meanwhile, whisk together soy sauce, remaining tablespoon sesame oil, vinegar, lime juice, and ginger in a medium bowl. Take cooked salmon, flake into poke sauce and toss to coat. Set aside.
5. Once rice, cucumbers, and salmon are ready, assemble the poke bowl. Divide rice and toppings evenly among 4 serving bowls, spooning any reserved sauce to season the bowls as desired. Garnish with sesame seeds, snipped nori, or furikake. Enjoy immediately.

WEEK 4 MEAL PREP, BATCH COOK, LEFTOVERS

Creamy Coconut Chowder with Pacific Cod and Sweet Potatoes



This hearty fish recipe is a citrusy, flavor-packed stew to keep in the fridge and return to throughout the week. It's also a quick stew to make, ready in under an hour.

PREP TIME	COOK TIME
10 minutes	35 minutes
TOTAL TIME	YIELD
45 minutes	4-6 servings

INGREDIENTS

- 4 (6 oz.) portions Pacific cod
- Salt and freshly ground pepper
- Juice of two limes
- 2 tablespoons olive oil
- 1 red onion, diced
- 2 carrots, peeled and diced
- 5 cloves garlic, minced
- 2 cups sweet potato, peeled and diced
- 1 tablespoon paprika
- 1 tablespoon cumin
- ½ teaspoon red pepper flakes
- 1 (28 oz.) can whole peeled tomatoes
- 2 (13.5 oz.) cans unsweetened coconut milk
- 1 cup loosely packed torn basil leaves
- 2 cups loosely packed cilantro
- Lime wedges for serving
- Steamed rice or grilled bread, for serving (optional)

INSTRUCTIONS

1. Pat Pacific cod fillets dry with a clean kitchen towel or paper towel. Cut each fillet on the diagonal into quarters, aiming for triangles of equal size. Place in a shallow bowl and toss with salt, pepper and lime juice. Set aside and allow to marinate for about 30 minutes while preparing stew.
2. In heavy bottomed soup pot or dutch oven, heat olive oil over medium-high heat. Add onion, carrot, garlic, sweet potato, paprika, cumin, red pepper flakes, salt and pepper and sauté, stirring often until vegetables soften, about 10 minutes.
3. Add tomatoes, coconut milk and another hefty pinch of salt and pepper. Use a wooden spoon to break up tomatoes and release any vegetables from the bottom of the pot. Bring to a boil, stirring to make sure the milk doesn't burn, then lower heat to medium and simmer for 10 minutes.
4. Carefully add Pacific cod to pot, making sure each piece is submerged in stew. Lower heat to medium-low and gently simmer until fish flakes easily with a fork, about 7 to 10 minutes.
5. Remove pot from heat and stir in basil and cilantro. Ladle into bowls and serve with lime wedges. Leftovers can be stored in the fridge for 3 to 4 days.

WEEK 4

MEAL PREP, BATCH COOK, LEFTOVERS

Easy Baked Fish Cakes



This recipe for fish cakes repurposes leftover, cooked fillets by adding lots of flavor to the fish, reviving them in a fun new format. Unlike some fish cakes recipes, these are baked. Knowing how to bake fish cakes in the oven makes it easier to prepare these, as they're less likely to fall apart — no flipping required.

PREP TIME

5 minutes

COOK TIME

30 minutes

TOTAL TIME

35 minutes

YIELD

4 servings

INGREDIENTS

- 2 (6 oz.) portions wild-caught fish, cooked
- 1 egg
- ¼ cup celery stalk, finely chopped
- ¼ cup red bell pepper, finely chopped
- ¼ cup red onion, finely chopped
- 3 tablespoons mayonnaise or plain greek yogurt
- 2 tablespoons dijon mustard
- 2 tablespoons chopped parsley, plus extra for garnish
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons garlic, minced
- 1/3 cup almond flour, plus more as needed

INSTRUCTIONS

1. Preheat the oven to 375F.
2. In a large bowl, flake fish with a fork to desired consistency — large or small flakes, depending on your preference.
3. In the same bowl, add egg, celery, red bell pepper, onion, mayo/yogurt, mustard, olive oil, garlic, and parsley. Mix until well combined and vegetables are evenly distributed throughout the mixture. Add 1/3 cup almond flour and mix well.
4. Line a baking sheet with parchment paper. Using a spoon or your hands, form a palm-sized scoop into a cake and place it on the baking sheet. Using your palm, slightly press down to flatten the cake slightly to create a consistent cook time.
5. Cook in the oven for 18 to 20 minutes, or until lightly browned.
6. Let cool for about 5 minutes before serving. If meal prepping, transfer completely cooled fish cakes to a covered container and store in refrigerator for up to 3 days. Alternatively, wrap individual fish cakes tightly in plastic, place in freezer bag, and freeze for up to one month for best quality.

WEEK 4 MEAL PREP, BATCH COOK, LEFTOVERS

Cheesy Rockfish Stuffed Peppers



The stuffed peppers are well worth the time and effort to prepare, especially because each pepper offers a complete meal with protein, lots of vegetables, rice, and cheese. They're perfect to stash in the fridge for when you want a comforting meal.

PREP TIME	COOK TIME
15 minutes	40 minutes
TOTAL TIME	YIELD
55 minutes	4 servings

INGREDIENTS

- 1 (6 to 8 oz.) portion rockfish
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 2 large red bell peppers, halved vertically and seeded
- 1 cup onion, chopped
- ½ teaspoon smoked paprika
- ½ teaspoon ancho chili powder
- ½ teaspoon cumin
- ½ cup carrot, shaved
- 4 cloves garlic, minced
- 8 sprigs fresh oregano, leaves only
- 3 cups loosely packed kale, stemmed and chopped
- ¾ cup cooked white rice
- ¼ cup lime juice
- 1 cup sharp cheddar cheese, shredded
- 2 avocados, pitted and halved, for serving
- 1 bunch cilantro, chopped, for serving
- Sour cream or whole milk plain yogurt, for serving

INSTRUCTIONS

1. Preheat oven to 400F.
2. Bring large pot of salted water to a boil, then add bell peppers. Lower heat to medium-high and cook while preparing the filling, allowing to simmer for about 15 minutes. When done, remove bell peppers from pot and shake off any excess water. Arrange in cast-iron or baking pan and set aside until stuffing mixture is ready.
3. While peppers are boiling, prepare remaining ingredients. Use a clean kitchen towel or paper towel to pat rockfish dry. Season both sides with salt and freshly ground pepper, and set aside.
4. Set a saucepan over medium-high heat and add olive oil. Add onion, smoked paprika, ancho chili powder, and cumin. Sauté until onions have softened, about 5 minutes. Then, add carrot, garlic and oregano, and sauté for 2 minutes, stirring occasionally. Finally, add kale and stir constantly for 1 minute, until wilted.
5. Push all ingredients to sides of pan and place rockfish fillets in center. Sear for 1 to 2 minutes per side, and then begin to break up fish, stirring in vegetables from the sides of the pan. Add rice and lime juice to deglaze the pan and stir, making sure to loosen any browned bits of fish and vegetables. Remove from heat.
6. Divide filling evenly between each half of pepper and bake in oven for 20 minutes. Remove peppers from oven and sprinkle cheddar cheese over tops. Return to oven and bake until cheese has melted, another 2 to 4 minutes.
7. Plate each pepper with half an avocado and a heaping tablespoon of sour cream. Sprinkle with cilantro and serve. Leftovers can be stored in the fridge for 3 days.

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