

**Baked Fish with Kale, Spiralized Cucumber and Kale Salad, with Roasted Eggplant and Red Bell Peppers**  
(all Paleo and Whole 30 Friendly)

Serves 2

**Shopping List:**

- white fish of your choice
- kale
- 1 cucumber
- cherry or grape tomatoes
- 1 small eggplant
- 1 red bell pepper
- 1 small avocado (optional)
- Capers
- coconut oil or olive oil
- 2 fresh lemons
- Salt
- Pepper
- Fresh or ground dill (optional)

**Roasted Eggplant and Red Bell Pepper:** You'll want to start this first as it takes the longest to roast. I used small purple and white eggplant that was from my parent's garden. Wash the eggplant and red bell pepper, then cut off the ends/stems if any. You'll want to remove the seeds of the bell pepper. Note\* you can use any color of bell pepper you want, I just happened to have red. I sliced these vegetables approximately the length of a french fry - for reference. You can toss them in 1/2 to 1 tbsp of olive oil or coconut oil if you'd like before roasting. I roasted them without oil. Roast these for 30-45 minutes at 350 F on a greased, foil lined baking sheet, depending on your preferred level of crisp edges and of course your oven's strength! After it's done roasting you can sprinkle with your favorite seasonings. My go-to's are usually pink Himalayan salt, turmeric, paprika, garlic powder, etc. *There's no right or wrong here.*

**Baked Fish and Kale:** I tried a new thing here when I made this compared to what I used to do. I simply added kale underneath the fish to test how it would turn out and hoped for the best. I'd say it was ok, but I've had better kale sides. However, with additional spices over the kale itself (under the fish) there might be more pizzazz.

My usual go-to when I bake fish is to wrap it in foil. This traps in the heat and moisture as it cooks which ultimately keeps the fish from drying out. *Genius!*

Cut foil squares large enough to wrap around and seal your fish fillets while also leaving a little space between the top of the fish and the foil. I rubbed olive oil on both sides of the fish, and then added a little bit of coconut oil (while stick thick, not melted) on top of the fish. Next, cut and squeeze your lemons generously on top of the fish. If you have dill, you can sprinkle dill on top of the fish as well. That is how I prefer it, but I was out of it when I made this meal. Last, you will add capers (optional) to the top of the fish. You can do this before you bake it, or after. Close and seal the foil packets carefully so that you don't knock off the things you place on top of the fish, and transfer to a baking sheet to bake at 350 F for 15-20 minutes. Make sure to cut into the fish before serving to make sure it is cooked through. I added sliced avocado right before serving .

**\*\*If you're not eating Paleo/Whole 30 you can place 3-4 thin slices of butter on top of the fish instead of using oil. That's how I used to make it and it was wonderful.\*\***

**Spiralized Cucumber and Kale Salad:** Wash the kale, cucumber, and cherry tomatoes thoroughly. Cut off the ends of the cucumber to create a flat surface on both ends and place it into the **Spiralizer**. Using blade C (if you have a 3 blade Spiralizer), begin to work the magic to produce cucumber noodles. **MAGIC. EVERY. TIME.** Next chop up the kale leaves to your size preference. Slicing the tomatoes into halves is optional, but I think it looks prettier. I mixed these together in a bowl with Italian dressing I made using olive oil, white vinegar, and Italian seasonings. Sometimes I replace the white vinegar for balsamic vinegar which is my favorite option.