

# Blue Corn Crusted White Fish & Pesto Zucchini Noodles



BY  
MARIAH  
GLADSTONE

INDIGI KITCHEN



## INGREDIENTS

- 2 fish fillets (eg. whitefish, trout, walleye)
- ½ cup blue cornmeal
- 1 tsp cedar smoked salt
- 2 summer squash, cut into noodles
- 2 Tbsp pesto
- 2 Tbsp olive oil (substitute avocado or sunflower oil)

## HOW TO COOK

1. Mix cornmeal and salt in flat bottomed dish. Coat fish in cornmeal by gently firmly pressing into mixture.
2. Heat oil in skillet on medium high heat for 2 minutes. Add fish fillets and cook for approximately 5 minutes on each side.
3. Set fish aside to cool and put squash noodles in skillet to cook. Stir noodles to achieve even cook; noodles should be done in approximately 3 minutes when they are translucent.
4. Remove noodles from heat and toss with pesto. Serve warm with fish.