



Ingredients

- 1 Tbsp (15 mL) butter or coconut oil
- 4 fish steaks or fillets of your choice
- Sea salt and pepper
- 3 Tbsp (45 mL) tamari sauce or soy sauce
- Juice of one orange
- ½ tsp (2.5 mL) sesame or walnut oil
- Or handful of sesame seeds or crumbled walnuts

Instructions

1. In a frying pan, melt 1 Tbsp (15 mL) butter or coconut oil.
2. Cook fish dressed with salt and pepper over medium heat until lightly browned on both sides.
3. Remove fish and set in warmer.

Fish with Zesty Orange Glaze

4. Add tamari or soy sauce with orange juice to the frying pan and turn to high heat, stirring constantly.
5. Once mixture has glazed, add sesame or walnut oil, or sesame seeds or walnuts.
6. Drizzle over still warm and serve at once.

Makes 4 servings.