FRENCH · DINNER · LUNCH

White Fish Grilled Under a Chive Aioli Crust

27 min · Serves 2 · 688 kcal a serve · Video 6:47 · Recipe30

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Flaky white fish with a golden crust of homemade olive oil and egg-yolk aioli: lots of lean protein, olive oil's monounsaturated fat and almost no carbohydrate.

Diet notes: Keto (1.3 g net carbs a serve).

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Ingredients 12 · SERVES 2

- [ ] 2 **egg yolks**
- [ ] 1 tsp **Dijon mustard**
- [ ] ½ small **garlic** clove, mashed to a paste
- [ ] 2 tsp **lemon juice**
- [ ] 90 ml **olive oil**, for the aioli
- [ ] 1 tbsp **olive oil** (extra virgin), for the aioli
- [ ] 1 tbsp finely chopped **chives**
- [ ] ¼ tsp **anchovy paste** (optional)
- [ ] **sea salt**, to taste
- [ ] 2 **white fish fillets**, 180–200 g each (skinless cod in the written recipe)
- [ ] 2 tsp **olive oil**, for searing
- [ ] 1 tbsp **capers**, fried in the same pan, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the aioli: whisk the egg yolks with the mustard, garlic paste and lemon juice, then add the oils a few drops at a time, then in a thin stream, whisking until thick. Fold in the chives and anchovy paste and season with salt. 1:14
2. Pat the cod fillets very dry and season with sea salt. 3:39
3. Heat 2 tsp olive oil in a large non-stick pan over medium heat. Sear the fillets until the underside is golden and they are partly cooked, then flip and cook until nearly done. Move them to an ovenproof dish. 4:05
4. Heat the grill (broiler) to high. Spread a thick layer of aioli over each fillet and grill for a couple of minutes until golden and blistered, watching closely as it browns fast. 4:49
5. Fry the capers briefly in the fish pan, then serve the fish straight away, scattered with the capers. 5:24

> **Tip** The written recipe uses skinless cod; in the video he uses red snapper with the skin on. He serves it with crushed baby potatoes and a herb oil; for keto, swap the potatoes for greens. Use very fresh eggs: the yolks are only lightly cooked.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
688 kcal	38 g	1.7 g	0.3 g	59 g	680 mg
2,880 kJ	76% of a day	1.3 g net · 0.3 g sugars	1% of a day	9.2 g saturated	29% of a day
		1% of a day		75% of a day	

Energy from net carbs 1% · protein 22% · fat 77% — fits keto: 1.3 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Selenium 124% · Vitamin B12 84% · Vitamin E 62% · Omega-3 46% · Vitamin K 31% · Vitamin B6 30%

Source of (10–19%) Magnesium 16% · Zinc 13% · Vitamin D 12% · Iron 10% · Vitamin A 10% · Folate 10%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=Cxd4IVRfUcA, published 2 September 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cod-gratin-chive-aioli