



HALIBUT With TROPICAL SALSA

INGREDIENTS:

SALSA

1 Cup Pineapple, diced into ¼" pieces
1 Cup Mango, diced into ¼" piece
½ Cup Tomato, diced into ¼" pieces
¼ Cup Red Onion, diced into ¼" pieces
¼ Cup Cilantro. Chopped
1 Tbsp. fresh Ginger, Finely diced
1 Tbsp. Honey
Juice of 1 Lime
Salt and Pepper to taste
Chili Flakes [optional]

HALIBUT

1 Lb. TEJA Halibut
4 Tsp Olive oil
¼ Tsp Salt
¼ Tsp Black Pepper
¼ Tsp Cumin
¼ Tsp Oregano
¼ Tsp Paprika

DIRECTIONS:

1. Mix all ingredients for Salsa in bowl and let sit for approximately 1 hour refrigerated.
2. Mix Salt, Black Pepper, Cumin, Oregano and Paprika in small bowl.
3. Heat nonstick pan with Olive oil over medium High heat. Season both sides of Halibut Fillet with mixture and place in Hot Pan.
4. Sear for 3-4 Minutes then turn over. Give second side 2-3 minutes. Be sure not to overcook. Take from pan and allow to rest.
5. Place on Bed of Basmati rice and spoon Tropical Salsa over top.