



Blackened Halibut with Venezuelan (mango) Salsa

Servings: 4

Venezuelan Salsa

¾ cups diced mango
3 Tbsp. diced avocado
½ cup diced Roma tomato
1 Tbsp. minced or jarred garlic
1 Tbsp. fresh lime juice
1 Tbsp. chopped cilantro or parsley
¼ cup diced red onion

Blackened Fish

1½ Tbsp. thyme
1 tsp. onion powder
1 tsp. garlic granules
¼ tsp. paprika
¼ tsp. cayenne powder
¼ tsp. sea salt
¼ tsp. freshly ground pepper
1 Tbsp. extra-virgin olive oil
1 lb halibut, cut into 4 equal portions (any fleshy, firm white fish will do)

Instructions:

Preheat oven to 400F.

Combine all ingredients for salsa in a large bowl and mix well.

Combine spices in food processor or blender and grind until well combined.

Place spice mixture in a small bowl and add oil to make a paste. Rub 1 teaspoon of paste on each fish fillet.

Lightly coat a large sauté pan with olive oil. Sear fish for 1 minute on each side over medium-high heat. Transfer to oven and finish cooking for 5 to 10 minutes.

OR

Instead of searing fish you can also simply baked seasoned filets in oven for 12 minutes (1" thick filets) up to 20 minutes (2-2.5" thick filets). Once cooked top each fillet with ½ cup salsa.

Compliments of Canyon Ranch