

# *Pan Seared Halibut with Mango-Avocado Salsa*



## INGREDIENTS

- Flesh of one mango, diced
- Flesh of one avocado, diced
- 1/8 cup lime juice
- 1/8 cup diced red bell pepper
- 1/8 cup small diced red onion
- 4 teaspoons chopped fresh cilantro
- 1 garlic clove, finely minced
- 1 tablespoon orange juice
- 1 tablespoon finely diced seeded jalapeno (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 8-ounce portions fresh skinless halibut
- 1/4 cup extra virgin olive oil
- Salt and pepper for fish

# INSTRUCTIONS

1. In a medium bowl, mix mango, avocado, lime juice, bell pepper, onion, cilantro, garlic, orange juice, optional jalapeno, salt and pepper. Leave at room temperature for one hour to meld flavors.
2. Preheat oven to 425 degrees.
3. Liberally salt and pepper the halibut or sea bass on both sides.
4. In an oven proof sauté pan, heat olive oil to smoking point.
5. Place fish in the pan (to avoid getting splattered with hot oil, place fish in the pan so it falls in away from you).
6. Reduce heat to a medium high and sauté two minutes on one side without touching it. A crust will form if you do not disturb it.
7. With a long fish spatula, gently flip, to cook the other side. Brown two minutes on the second side.
8. Then place the pan in the oven and heat two to five minutes or until fish is done. At 145 degrees the fish will be cooked through. If you do not have a cooking thermometer, push down on the fish; if it springs back or flakes apart, it is done. Do not overcook.
9. To serve, place fish portion on a serving plate and spoon fresh salsa over the top.