



Lemon Lime Citrus Oven - Seared Halibut with Mango Salsa

By Rebecca Katz

Halibut lends itself to be seared beautifully brown on the outside. Browning allows the fish to stay moist and flakey on the inside.

4 servings

Prep Time: 5 minutes, plus 1/2 hour for marinating

Cook Time: 12 minutes

Storage Fish: Fish: Refrigerate for up to 1 day.

Storage Salsa: Refrigerate for up to 4 days.

Type of Dish: Main Course - Fish & Seafood

Ingredients

- 4 6-ounce halibut fillets, skin scored
- juice of 1/2 lemon
- juice of 1/2 lime
- pinch of cayenne
- salt

Salsa:

- 2 mangoes, diced
- 3 tablespoons red bell pepper, finely diced
- 3 tablespoons finely chopped cilantro
- 1 jalapeño, finely diced (or a nice pinch of Cayenne pepper)
- 1/4 cup fresh lime juice
- salt & freshly ground black pepper
- 1 teaspoon extra virgin olive oil



Photo: Lori Eanes Photography

Instructions

Marinate the halibut in the citrus with a generous pinch of salt for ½ hour.

Meanwhile, make the salsa: In a medium bowl mix the mangoes, red pepper, cilantro, jalapeño, lime juice and salt. Taste and add more salt if necessary.

Preheat the oven to 450-degrees. Place a heavy non-stick ovenproof skillet or baking pan in the oven to heat for 5 minutes.

Pat the fillets dry with paper towels. Sprinkle each fillet with another pinch of salt and cayenne.

Pour the oil in the hot pan and swirl to coat completely. Add the fish skin-side down and roast until the skin is nicely browned, (about 5 minutes depending on the thickness of the fish).

Carefully turn the fish over and roast for 5 minutes longer.

Remove from the oven and let rest for 2 minutes before serving.

Tips

Inner Cook Note: To tell if the fish is done, push a 2-pronged kitchen fork straight down into the flesh. If you feel no resistance, the fish is cooked; if it feels as though the fork is pushing through a membrane, return the fish to the oven for another minute or two.

Salsa tastes best if it has a chance to stand for 15 minutes or more. This allows all the flavors to intermingle with each other.

Quick Tips: Preheat your oven as soon as you start marinating your fish.

Variations: Salmon, Sea Bass or Black Cod are good substitutes for halibut.

Swap out the mango for pineapple or papaya, and some chopped up jicama will add extra crunch.

Think Ahead: Find out from the fishmonger at your supermarket when they receive their shipment of fish, and plan on purchasing your fish as close to that day as possible.

Make the salsa the day before.

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