Halibut with Apple, Pepper & Corn Salsa



A light, delicious and healthy way to serve halibut.

Timing

Prep time	Total time	Skill level
20 mins	**65 mins**	**Easy**

What You'll Need

- 4-4 oz. Portions (1 inch thick) of fresh or thawed halibut with skin on one side
- ½ Cup small diced apple
- ½ Cup small diced grape tomatoes
- ¼ Cup small diced red pepper
- ¼ Cup small diced green pepper
- 1 tsp. Kosher salt
- 1 tsp. Black pepper
- ¼ Cup corn
- ¼ Cup fresh chopped parsley
- ¼ Cup fresh chopped dill (save 4 sprigs sprig for presentation)
- ½ Lemon cut into wedges
- Salt and pepper

- 1 tbsp. Olive or vegetable oil

Directions

1. Wash and pat dry halibut with a paper towel.
2. Liberally coat with salt and pepper.
3. Pre-heat heavy frying pan to medium-high heat (cast iron/oven-ready pan)
4. Pre-heat oven to 350°F.
5. Add 1 tbsp. olive or veg oil and add a knob of butter. (optional)
6. Place coated fish flesh down and sear for 3 minutes or until the crust has formed.
7. Carefully turn fish onto the skin side and cook for another 3 minutes until the skin has been seared.
8. Place pan in the oven on middle rack and turn broiler onto high for another 3 minutes. This will finish cooking the fish in the center and brown the top further.

Salsa

1. Preheat pan or griddle to medium heat and melt butter.
2. Sauté corn (add salt and pepper to taste) until corn is slightly charred.
3. Add Red Sun Farms tomatoes and peppers then toss in olive oil to heat through.