

SICILIAN STYLE CATCH

INGREDIENTS:

4 each Fresh catch, 4 ounces each

SPICE RUB:

1 tbsp Garlic Powder
1 tsp Ground Fennel
1 tsp Lemon Pepper

1 tbsp Dried Basil
¼ tsp Crushed Red Pepper flakes

SALSA:

¼ cup Kalamata Olives, pitted, chopped
¼ cup Chopped Basil
¼ tsp Cayenne Pepper
1 each Lemon, juiced

1 cup Diced Tomatoes
3 each Minced Garlic Cloves
2 tbsps Olive Oil

METHOD:

- To make the spice rub; mix together garlic powder, basil, fennel, red pepper flakes, salt, and, lemon pepper.
- Generously sprinkle both sides of each filet with spice rub.
- To make the salsa; in a bowl, mix together olives, tomatoes, basil, garlic, cayenne, oil, and, lemon juice.
- Sear the fish on both sides in a pan with 1-teaspoon of olive oil for 30 seconds, until caramelized.
- Finish cooking the catch in a 375 degree oven for 3-5 minutes or until the internal temperature is 140-145 degrees.
- Serve the salsa over the grilled filet.

Chef's Note: This dish is delicious served with Salmon, however Mahi Mahi or Swordfish would be great too.

Serves: 4

Calories: 200

Fat: 9 grams

Protein: 23 grams

Carbohydrates: 7 grams

Sodium: 170 milligrams

Fiber: 2 grams



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