

Coconut Poached Alaska Halibut with Mango-Avocado Salsa



Preparation Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

For the Coconut-Poached Halibut:

2 tablespoons coconut oil

1/3 cup diced yellow onion (1 1/2 ounces)

1 1/2 teaspoons minced garlic (3 to 4 cloves)

1 (2-inch) piece fresh ginger, peeled and thinly sliced (about 1 ounce)

2 (13.5-ounce) cans coconut milk

1 tablespoon soy sauce

2 teaspoons kosher salt

1 teaspoon apple cider vinegar

1/4 cup packed cilantro leaves fresh cilantro

4 (6-ounce) frozen Alaska halibut fillets

3 cups spinach (optional)

For the Mango-Avocado Salsa:

1 cup diced mango (from 1 mango)

3/4 cup diced avocado (from 1 avocado)

1/4 cup chopped cilantro leaves

2 teaspoons freshly squeezed lime juice

Salt, to taste

Pinch of cayenne pepper (optional)

Steamed jasmine rice, for serving (about ½ cup per person)

Description:

1. Heat the coconut oil in a large sauté pan over medium heat. Add the onion, garlic, and ginger, and cook until everything is aromatic and the onions are translucent, about 2 minutes. Run frozen Alaska halibut fillets under cold water to remove any ice glaze and pat dry with a paper towel.

2. Pour in the coconut milk, soy sauce, salt, and vinegar, and stir to combine. Bring to a gentle boil, add the halibut, and reduce the heat to a very gentle simmer. Cover and cook until halibut is just cooked through and opaque, about 10-12 minutes depending on thickness and doneness. Halibut should be opaque and flake easily with a fork. Carefully transfer halibut to a plate.

3. If you like, you can keep the heat on and throw in 3 cups of spinach or other leafy greens (like bok choy or chard though times may vary a tad with heartier greens) into the poaching liquid. Using tongs, mix until just wilted (about 2 minutes), then remove.

4. While the halibut is poaching, mix together the mango, avocado, cilantro, and lime juice in a bowl. Season with salt to taste. If you like a little heat you can add a pinch of cayenne as well.

5. Serve poached halibut over steamed jasmine rice. Spoon some of the poaching liquid on top, then top with mango-avocado salsa.