

## Pan-Seared Halibut with Fresh Pineapple Salsa

Makes 4 servings.

### INGREDIENTS:

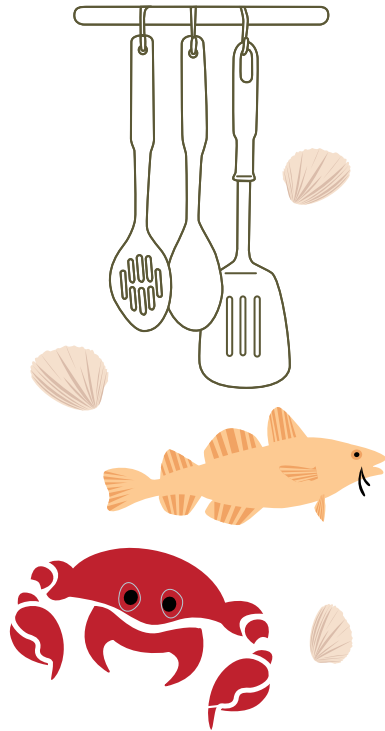
- 4 (6-ounce) fillets of wild Pacific halibut
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup flour
- 2 tablespoons olive oil

For salsa:

- 1/2 pineapple, cored, peeled, and cubed (about 2 cups)
- 1 mango, peeled, pitted, and chopped
- 1 red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 1 tablespoon olive oil
- 2 limes, juiced (about 3 tablespoons)
- Sea salt and pepper, to taste
- Hot sauce, optional

### DIRECTIONS:

1. Season halibut fillets with salt and pepper. Lightly dust fillets with flour, shaking off excess.
2. Heat oil in large skillet over medium heat; when hot, add fillets and cook 3 to 5 minutes per side, until fish turns opaque and easily flakes.
3. Meanwhile, prepare salsa. Place all ingredients in a small bowl and mix to combine.
4. When done, remove fish from pan and spoon salsa atop fillets.



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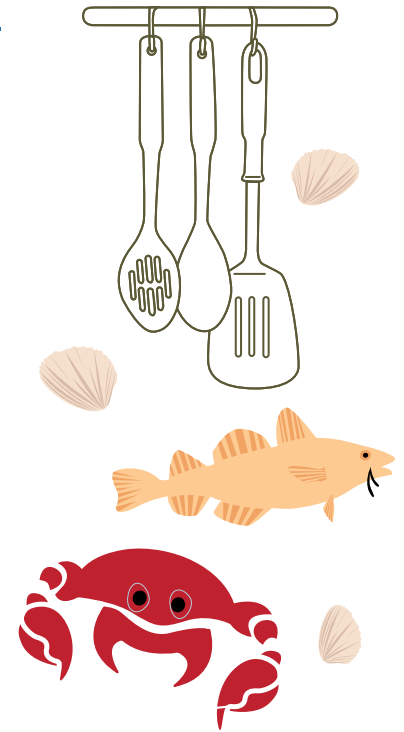
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