



Halibut with Pineapple Soy Ginger Sauce

Serves 6

Ingredients

For the Fish

- 6 (6 oz) Halibut portions
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 tablespoon coconut oil (or other high heat oil for searing)

For the Sauce

- ¾ pineapple juice
- 2 tablespoon soy sauce
- 2 tablespoon Mirin
- 2 tablespoon Coconut Vinegar
- Juice of one med lime (About 1 ½ Tbsp)
- 2 tablespoon honey
- 4 cloves garlic, minced
- 3 teaspoon ginger, minced
- 1 cup fresh pineapple, small dice
- ¼ c green onion, finely diced

Directions:

Preheat oven to 350°. Rinse the halibut and pat dry. Season with salt and pepper

Set a 2 qt sauce pan on the stove and add in all the sauce ingredients except for the diced pineapple. Bring to a boil then lower to a simmer and cover.

While the sauce is simmering, preheat a sauté pan over medium high heat. Add in the coconut oil and then place the halibut filets in leaving space between each filet. Let sear for 2-3 min making sure they are ready to flip as they will no longer stick. Using a thin spatula carefully flip each filet and sear for another 1-2 minutes. Place the sauté pan in the oven to finish cooking the halibut, 6-7, min or until the fish flakes easily.

While the halibut is cooking, remove the lid from the sauce pan and raise the heat to make sure it has reduced and slightly thickened. Remove from heat and stir in the diced pineapple.

Set the sauté pan with the halibut on the stove once its cooked. Using a thin spatula carefully remove each filet to a plate. Spoon a few tablespoons of sauce over the top of each filet making sure to include the diced pineapple pieces. Divide the diced green onions over the top and serve immediately. This dish goes great with a green salad or sticky rice.