



Spicy Blackened Flounder with Pineapple Salsa

Serves 4

Ingredients

4 flounder fillets

2-3 tablespoon olive oil

Catch Blackened Seasoning

Pineapple Salsa

1 pineapple

2-3 avocados

juice of 1 lime

small bunch cilantro

½ cup diced tomatoes

salt and pepper to taste

riced cauliflower (store bought or dice yourself)

Chili-Lime Drizzle

½ cup coconut milk

1 teaspoons lime juice

¼ teaspoons chili powder

¼ teaspoons salt

¼ teaspoons pepper

Directions:

Pineapple Salsa - dice the pineapple and roughly chop the cilantro. Quarter the tomatoes and avocado. Mix all the ingredients together in a large bowl and season to taste.

Cauliflower rice – Sauté in a pan over medium-high heat for 4-5 minutes, stirring often. Season to taste.

Cook the Fish - drizzle the fish with oil and sprinkle all sides of the fish with about 2-3 tbsp blackened seasoning. Rub the seasoning into the fish to fully coat it on all sides.

Pan fry or grill for about 2 minutes per side over medium-high heat.

Make the Chili Lime Drizzle - stir all the ingredients together in a small bowl.

Divide the cauliflower rice among four bowls. Top with the blackened fish, pineapple salsa, and spoon on the chili lime drizzle. Serve with a slice of lime and a few extra cilantro leaves.