

## Perfectly Seared Fish with Easy Pico de Gallo

We eat a lot of fish and seafood in my household, mostly because we love it, but also because it's quick and easy to prepare if you know how to do it. I've learned from a lot of people I talk to about cooking that fish is scary for a lot of home cooks, but it really doesn't have to be. I used to only eat fish out because every time I cooked it, it stuck to my pan, or was overcooked and rubbery, but I've since learned to remedy those things, which lets me eat meals like this — restaurant quality food for less — quite often.

Not only is this delicious, but it's surprisingly simple. A quick sear in Ava Jane's Kitchen Avocado Oil, topped with a super easy pico that anyone can make, especially if you have a food processor. Add a green veggie like sautéed spinach or broccoli, and dinner is done.

I used halibut here, but any firm white fish will do. Cod, tilapia, sea bass. Use whatever you like or is on sale that week. People will tell you to buy fish from a fancy fish market, which is fine if that's your thing, but I almost always buy fish at my local supermarket. Just buy it and use it within a day or two and it will be fine.

As far as cooking, I cooked this in my cast iron skillet, and it came out perfectly. Golden brown, didn't stick, flaky, and tender. I seasoned only with Colima Sea Salt and pepper, as most of the flavor of this meal comes from the pico. For summer, you can grill this using the same techniques.

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Serves 2

Prep time: 20 minutes

Ingredients:

Pico de Gallo:

2 large summer tomatoes, rough chopped

1/2 small onion rough chopped

2 cloves garlic

1 small bunch cilantro

1 jalapeno, stemmed, and seeded

Juice of 1 lime

Fish:

2 firm white fish filets, such halibut, cod, or tilapia

Colima Sea Salt

Fresh ground black pepper

2 tablespoons Ava Jane's Kitchen Avocado Oil

Directions:

Make the Pico by putting everything in a food processor. Pulse a few times until everything is chopped. Set aside.

To make the fish, remove from fridge 10-15 minutes before cooking. Pat the filets dry with a paper towel and season liberally with salt and pepper.

Heat a heavy skillet over medium high heat. Cast iron works well, but stainless steel will work as well. Let the skillet get good and hot, and add the oil. When it's shimmering, add the fish filets.

Let them cook for several minutes, until they lift easily with a spatula. Do not force them — they will release easily. Once they release, flip, and continue cooking until the fish is firm and flakes easily with a fork. This should only take a few minutes. Let rest for 5 minutes.

To serve, spoon the Pico de Gallo over the fish filets, and serve with your favorite veggie or rice.