

# RECIPE OF THE WEEK: PALEO EDITION

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## Pan Seared Halibut with Ginger Mango Salsa and Cilantro Sauce

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### Ginger Mango Salsa Ingredients:

1 mango, peeled and diced  
1/2 small red onion, finely chopped  
1 tsp fresh grated ginger  
2 garlic cloves, minced  
1/2 red bell pepper, finely chopped  
juice from 1/2 a lime  
1/2 bunch of cilantro, diced

### Ginger Mango Salsa Instructions:

1. Mix all of the above ingredients together in a medium-sized mixing bowl

### Cilantro Sauce Ingredients:

1/2 cup home made mayo (go to [everydaypaleo.com](http://everydaypaleo.com))  
1 tsp cumin  
2 teaspoons lime juice  
hot sauce to taste

### Cilantro Sauce Directions:

1. in a food processor or blender add all of the above ingredients and blend together until smooth

### The Fish Ingredients:

1 lb halibut (or however much you want to make. one lb serves 2 adults)  
2 tbsp of coconut oil  
sea salt and black pepper to taste

### The Fish Directions:

1. season both sides of the fish filets with salt and pepper  
2. heat the cocnut oil in a large pan over medium to medium high heat.  
3. once the oil in the pan is nice and hot, place the fish filets in the hot coconut oil and cook for 3-4 mins per side  
4. serve the fish topped with the Salsa and drizzled with the Cilantro Sauce  
Compliments of [everydaypaleo.com](http://everydaypaleo.com)

