

Pan Seared Grouper with Tropical Salsa

Ingredients

2 lbs fresh Grouper	2 limes, juiced
3 cups cubed mango	2 tbsp olive oil
3 cups cubed pineapple	Cajun spice
1 cup diced roasted peppers	
1 bunch diced cilantro leaves	

Directions

For salsa: Mix all ingredients except oil, grouper and Cajun spice. Let sit while you prepare grouper.

Fish: In a heavy frying pan, heat olive oil until smoking. Coat both sides of grouper with Cajun spice. Place coated grouper in pan. Cook 5 minutes per side, depending on thickness, until done.

Transfer grouper to a serving dish and top with salsa.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

