



Blackened Halibut with Cilantro Lime Quinoa

Let's begin by gathering our ingredients for Blackened Halibut with Cilantro Lime Quinoa:

Ingredients:

Halibut fillet
Juice and Zest from Two Limes
½ Tsp Paprika
¼ Tsp Salt
¼ Tsp Pepper
¼ Tsp Cayenne Pepper
¼ Tsp Onion Powder
¼ Tsp Cumin
1 Tsp Olive Oil
2 Cups Chicken Stock
1 Cup Quinoa
Salt and Pepper
2 Tbsp Cilantro
2 Avocados
4 oz. Greek yogurt

Combine all the dry seasonings on a plate. Mix them together and then season both sides of halibut.

Add olive oil to a large pan or skillet. Heat the olive oil to medium heat. Add the halibut to the pan. Cook for five to seven minutes on each side with the lid on.

Add the chicken stock and quinoa to a medium sauce pan. Bring to a simmer over medium/low heat. Reduce the heat to low and simmer for ten to fifteen minutes with the lid on, until all the stock has been absorbed.

After the halibut has cooked all the way through, remove them from the pan and let them rest for several minutes.

Add the warm quinoa to a large bowl. Toss in the lime zest, lime juice, salt and pepper, and chopped cilantro. Mix to combine.

To make avocado sauce, combine avocado, greek yogurt, teaspoon of lime juice and a little cilantro in a mini-food processor.

Serve the halibut on top of the quinoa. Add avocado sauce to the top of the halibut. Enjoy!