



FRESH FLAVORS RECIPE

BLACKENED ALASKA COD WITH GINGER PLUM SALSA

Serves 4

INGREDIENTS

- 4 Wild Alaska Cod fillets
- 2 tbsp The Fresh Market Blackening Seasoning
- 2 tbsp The Fresh Market Extra Virgin Olive Oil

For the salsa:

- 2 tsp fresh ginger, peeled and grated
- 2 tbsp fresh lime juice
- 1 tbsp honey
- 1 tbsp The Fresh Market Extra Virgin Olive Oil
- 1 tsp salt
- ½ tsp pepper
- 4 c ripe plums, diced
- 2 green onions, thinly sliced
- ¼ c cilantro, chopped

METHOD

Remove fish from refrigerator. Season both sides of Alaska Cod fillets with blackening seasoning and set aside until it comes to room temperature, about 10 minutes. Meanwhile make the salsa. In a large bowl, whisk together ginger, lime juice, honey, olive oil, salt and pepper. Add plums, green onions and cilantro and toss to coat well with dressing. Set aside until ready to use.

(Over)

Coat a large nonstick pan with 2 tablespoons olive oil and bring pan to a medium high heat. When the oil is very hot but not smoking, gently place cod in pan. Sear cod until a nice brown crust develops, about 5-7 minutes. Gently flip and sear other side for an additional 5-7 minutes or until cod is cooked through and flakes easily. Serve immediately topped with a generous spoonful of ginger plum salsa.



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