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Roasted Halibut With Banana-Orange Relish

Prep Time: 15 mins

Cook Time: 12 mins

Total Time: 27 mins

Ingredients

- 1 pounds fish, halibut fillets, or Pacific cod or other white-fleshed fish
- 1/2 teaspoon coriander, ground
- 1/4 teaspoon salt, Kosher
- 2 medium banana(s), ripe, diced
- 1/2 teaspoon orange peel (zest), grated
- 2 medium orange(s), peeled, segmented, and chopped
- 1/4 cup(s) cilantro, fresh, chopped
- 2 tablespoon lime juice
- 1/2 teaspoon coriander, ground
- 1/4 teaspoon salt, Kosher

Preparation

To prepare fish:

1. Preheat oven to 450°F. Lightly coat a baking sheet with cooking spray.
2. Cut fish into 4 portions. Mix coriander and salt in a small bowl and sprinkle evenly on both sides of the fish. Place on the prepared baking sheet.
3. Bake the fish until it is juicy and almost flakes when pressed with a knife, 8 to 12 minutes, depending on thickness.

To prepare relish:

4. Meanwhile, stir together bananas, orange zest, chopped oranges, cilantro, lime juice, coriander and salt in a medium bowl. To serve, spoon the relish over the roasted fish.

