

GRILLED HALIBUT WITH CUCUMBER –TOMATO RELISH



INGREDIENTS:

1 large cucumber, seeded and diced
2 cups tomatoes, seeded and chopped
1/2 tsp red pepper flakes
Salt and Pepper to taste
2 tbsp fresh mint, cut in strips
1 tsp cumin
4 whole halibuts
1/4 cup diced red onion
1 tbsp lemon juice
1 cup plain yogurt
2 tbsp olive oil
1 tsp coriander

DIRECTIONS:

Make cucumber-tomato relish by combining cucumber, tomatoes, onions, mint, red pepper flakes, lemon juice, salt and pepper in a bowl. Keep Cool.

Make yogurt sauce by combining yogurt, lemon juice, cumin, coriander, salt and pepper in an another bowl. Keep cool.

Brush halibut with olive oil. Season with salt and pepper. Grill over charcoal (or broil) for 4-6 minutes on each side. Serve with relish on side and yogurt sauce.

*4 servings (Each serving equals 1 protein)