

Chili Spiced Halibut Kabobs with Avocado Salsa

Active Time: 30 minutes | Total Time: 30 minutes | Serves: 4

Nutrition Information Per Serving

376.6 calories, 8.5 g carbohydrate, 3.26 g fiber, 5.24 g NET carbs, 48.17 g protein, 16.28 g fat

Ingredients

- 3 clove(s) organic garlic, crushed
- 1/2 medium(s) organic red onion, diced
- 1 whole organic jalapeno pepper, seeded, diced
- 1 medium organic tomato, diced
- 4 Tbsp(s) organic lime juice
- 1/2 medium(s) organic avocado, diced
- 2 Tbsp(s) fresh cilantro, minced
- 32 ounce(s) wild Pacific halibut, cut into 1-inch cubes
- 1 Tbsp organic chili powder
- 1 pinch sea salt
- 2 Tbsp(s) organic avocado oil
- 1 tsp garlic powder

Preparation

1. Preheat a grill or grill pan.
2. Mix the chili powder, avocado oil, salt and garlic powder in a bowl.
3. Toss and lightly rub the halibut cubes with the chili mixture and let marinate, at least 10 minutes or up to 30 minutes.
4. Meanwhile, prepare salsa. Add half the lime juice, along with the fresh garlic, jalapeno pepper and onion to a mixing bowl.
5. Add the avocado, tomato and cilantro; toss gently. Refrigerate.
6. Remove halibut from fridge.
7. Place 5-6 halibut cubes on each of skewer.
8. Cook the kabobs on a lightly oiled, medium-hot grill or grill pan, turning until the juices run clear (approximately 8-15 minutes).
9. Place 1 skewer on each serving plate. Divide the salsa among the plates and serve.

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