



## **SAUTÉED ALASKAN HALIBUT WITH PINEAPPLE SALSA**

4 (6-ounce) Alaskan Halibut filets  
1/4 cup Heinen's olive oil  
1/4 cup freshly chopped parsley  
Sea salt and freshly ground black pepper  
Garden Fresh Pineapple Salsa

In a glass baking dish add olive oil, parsley, salt and pepper. Stir together. Place each Halibut filet into olive oil mixture. Turn filets over to coat each side. In a small saucepan, over medium-low heat, place 1 to 1 ½ cups Garden Fresh brand Pineapple Salsa. Heat thoroughly, but do not bring to a boil.

Heat a large sauté pan or grill pan over high heat. Place Halibut in hot pan and cook for 3 minutes on each side. Remove from pan onto individual serving plates. Top each filet with ¼ cup pineapple salsa.

Makes 4 servings