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Perfect for a summer's evening—a well-spiced lightly cooked piece of fish with a piquant corn sauté. Add a salad and some fresh fruit and you'll have a complete dinner. This recipe should come together for you and your family in under half an hour. Enjoy! – Chef Linda

Grilled Fish with Spicy Corn Sauté

Adapted from bhg.com

Serves 4

4 (4-6 oz) fresh or frozen skinless white firm-fleshed fish fillets, such as tilapia, catfish, rockfish
1 Tbsp lime juice
1 ½ tsp ground ancho chile pepper or chili powder
¼ tsp salt
1 Tbsp rice bran oil
2 ears fresh corn, kernels removed or 2½ c frozen corn, defrosted
½ c finely chopped red onion
1 Tbsp finely chopped seeded fresh jalapeño
2 cloves garlic, minced
1 Tbsp snipped fresh cilantro
Lime wedges and/or additional jalapeno slices (optional)

1. If frozen, thaw fish. Rinse fish and pat dry.
2. In a bowl stir together lime juice, ancho chile pepper, salt and half of the oil. Brush lime rub evenly over both sides of fish fillets.
3. Heat a nonstick grill pan or skillet over medium high heat. Add the fish and cook about 3 minutes per side, turning once, until a toothpick inserted in the thickest part of the fish glides in easily. Transfer fish to a plate or cutting board and tent with foil to keep warm.
4. If you used a grill pan, switch to a non-stick skillet. Heat over medium high heat and add remaining oil. Swirl to coat the pan and add the corn, red onion, jalapeño and garlic. Cook and stir for just 2 or 3 minutes, until vegetables are heated through and just starting to soften.
5. Plate corn mixture on 4 plates and top with pieces of fish. Scatter cilantro on top and serve warm with lime wedges or additional fresh jalapeño slices.

Shopping List: fresh fillets of fish, corn on the cob (or frozen corn), jalapeño, red onion, cilantro

Equipment Needed: Cutting board and knife, measuring spoons, stove-top grill pan (optional), large non-stick skillet, fish spatula, nylon or silicon spatula

Pantry Staples: rice bran oil, lime, ancho chile powder, salt, garlic