



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Grilled Halibut in Avocado Sauce

Ingredients

For the Halibut:

Two 8-ounce halibut steaks
½ tsp Himalayan salt
½ tsp ground black pepper
1 Tbsp coconut oil
Fresh or dried herbs
Garlic powder
1 lemon cut in half, for garnish
Cilantro, for garnish

For the avocado sauce:

1 ripe avocado, peeled and pitted
¼ cup water or almond milk
¼ cup lemon juice
1 Tbsp chopped green onions
¼ tsp smoked paprika, plus a dash for garnish
¼ tsp Himalayan salt
¼ tsp freshly ground black pepper

Preheat the grill to medium-high heat, around 330°F. Season the fish with a generous amount of salt and pepper, and garlic powder, as well as lightly coating the steaks in coconut oil. Grill 4 to 5 minutes per side, until the fish starts to flake.

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While the fish is cooking, you can prepare the avocado sauce.

Place the avocado, water (or almond milk), lemon juice, green onions, paprika, salt, and pepper in a blender and puree until smooth. Add more water or almond milk if the puree is too thick.

Make a bed of the avocado sauce and place the grilled halibut on top. Garnish with fresh cilantro and lemon slices and sprinkle a dash of paprika over the fish.

Serve with grilled asparagus, steamed broccoli, or Brussels sprouts on the side.

Makes 2 servings, 8 ounces each

Recipe credit to *Grow A New Body* by Alberto Villoldo

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