



*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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