



RECIPE

TITLE: Curry Grilled Rockfish, Jicama Melon Salad, Lime Oil

SERVINGS: _____

COOK TIME: _____

OVEN TEMPERATURES: _____

INGREDIENTS:

Curry powder

6oz filets of Rockfish (Any grilling fish will work here)

1 cup Honeydew small diced

1 cup Cantaloupe small diced

1 cup Sugar Kiss small diced

1 cup Jicama julienne

½ cup Feta diced

1 Tablespoon Harissa paste

2 Limes zested, 1 juiced

2 Tablespoons Parsley chopped

Drizzle Olive oil

Salt and Pepper to Taste

2 Limes peeled

½ cup extra virgin olive oil

DIRECTIONS

Method: Rub fish generously with curry powder and place in fridge for 10-15 minutes. Mix feta and harissa together and make sure all pieces are evenly coated. Mix together the melons, feta, jicama. Add in lime juice, parsley, oil and lightly toss. Season to taste and chill. Place zest and oil in a small saucepan and keep on lowest setting for 15-20 mins to infuse lime flavor into oil. Do not fry/boil the zest, low heat. Strain out zest and let the oil cool. Grill Fish to medium / medium well, serve with melon salad and drizzle lime oil over top.
