



Pan-seared Alaska Cod — topped with zesty tomato-cilantro salsa

Think salsa is reserved just for tortilla chips? Not a chance. Americans may have only recently begun their love affair with salsa. But the origins of this “sauce,” which has earned its rightful place in the kitchens of chefs around the world, can be traced back to ancient Aztec civilization.

In this delectable, easy-to-prepare GO WILD™ Creation, Alaska Cod filets are pan-seared on high heat, then topped with fresh tomato salsa. The flavors of juicy ripe tomatoes, mild sweet red onions and crispy celery create a heavenly combination that’s not just delicious, but wildly healthy too! The citrus zing of chopped cilantro, Jalapeno peppers and lime juice adds a tangy punch. Just top the salsa on the seared filets—and Ya está! You’re done!

Prep time:
15 minutes

Cook time:
8 minutes

Difficulty level:
Easy

Serves: 2

Ingredients

1 tray GO WILD™ Alaska Cod

Tomato salsa

3 medium sized tomatoes, chopped
¼ cup red onion, diced
1 stalk celery, diced
1 Tbsp cilantro, chopped
1 lime, juiced
½ jalapeno, diced

Directions

Tomato salsa

Mix all ingredients together in a mixing bowl. Top cod with fresh tomato salsa.

GO WILD™ Alaskan Cod

Heat a non-stick skillet with 1 Tbsp oil, cook cod until browned and flip, continue cooking until cooked through.

PREP TIP

When cutting tomatoes — a serrated knife works great.