

Seafood

Coriander-Crusted Fish

Publix Apron's

Servings: 4

Start to Finish Time: 15 minutes

3 tablespoons ground coriander (or cumin)

1 teaspoon Kosher salt

1 teaspoon pepper

4 (about 1 1/2 pounds) fish fillets (salmon, tuna or swordfish)

2 tablespoons olive oil

Preheat a large saute' pan on medium-high for 2 to 3 minutes.

Combine the coriander, salt and pepper in a small bowl.

Coat both sides of the fish with the spice mixture (wash hands).

Place the oil in the saute' pan.

Add the fish. Cook for 3 to 4 minutes on each side or until 145 degrees and the fish flakes easily.

Per Serving (excluding unknown items): 61 Calories; 7g Fat (97.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 470mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fat.