



ROASTED CILANTRO-JALAPENO COBIA



PREP TIME

10 mins

COOK TIME

15 mins

TOTAL TIME

25 mins

Fresh Cobia, or just about any other white flaky fish, pairs beautifully with the spicy flavors of jalapeño, garlic, ginger, cumin and more.

Author: My Delicious Blog

Recipe type: Seafood

Cuisine: Seafood

Serves: 2-3

INGREDIENTS

- 1 lb. Cobia fillets (or any sturdy, white, flaky fish), patted dry (be sure to remove any bloodline)
- Large handful fresh cilantro leaves
- 1 jalapeno, seeds removed
- ½ red chile, seeds removed (optional)
- 2 cloves garlic, peeled
- 1 Tb. fresh ginger, chopped
- 1 Tb. lemon juice (about half a lemon)
- ½ tsp. cumin
- ½ tsp. kosher salt

- 3 Tb. olive oil
- ½ c. fresh mango, chopped
- Handful of toasted (pumpkin seeds) or sunflower seeds, or sesame
- Fresh lemon or lime wedges for finishing

INSTRUCTIONS

1. Heat oven to 450 degrees.
2. Combine cilantro through olive oil in a food processor and pulse several times until combined.
3. Lightly sprinkle both sides of fillets with salt & pepper.
4. Place fillets in a rimmed baking sheet and pour the cilantro mixture over them, covering both sides. Bake for about 15-20 minutes (depending on how thick your fillets are). You can tell they're cooked when you touch them and the flesh is relatively firm and bright white.
5. Serve over rice or greens.
6. Top with fresh mango, pumpkin seeds (or sesame) and a sprinkle of lemon or lime juice just before serving.