

THE

CrossFit

KITCHEN



GREEK FREAK SALAD WITH HALIBUT

By Nick Massie

Overview

Fuel your fitness with this refreshing Greek salad with halibut.

Ingredients

- 7½ oz. halibut
- 1 handful spring mix
- 1 c. red onion, julienned
- 1 c. bell peppers, diced
- 2 c. cucumbers, diced
- 1 c. roma tomatoes, diced
- 1 c. carrots, julienned
- 10 small olives, chopped
- 1 tbsp. capers, drained
- Olive oil, to taste
- Balsamic vinegar, to taste
- Kosher salt, to taste
- Black pepper, to taste

Directions

To Prepare Fish

1. Heat a cast-iron skillet or sauté pan over medium-high heat.
2. Season the top of the halibut with kosher salt, add some oil to the pan and place the fish in the oil, seasoned side down. Season the other side with kosher salt.
3. Cook for approximately 3 minutes, then flip. Cook until the halibut reaches an internal temperature of 120 F. Remove from pan and set aside.

To Prepare Salad

1. Combine the spring mix, onions, peppers, cucumbers, tomatoes, carrots, olives and capers in a large mixing bowl.
2. Drizzle with olive oil and balsamic vinegar and toss to coat evenly.
3. Season with kosher salt and pepper and toss again. Give it a taste and adjust flavor with more oil, vinegar, salt or pepper to your liking.
4. Transfer salad to a plate, top with halibut and enjoy!