

Pan-Seared Black Cod with Jalapeno Olive Oil



Ingredients:

- 1 lb black cod fillets (skin-on or skinless)
- 2 tbsp Oliverde Jalapeño Olive Oil
- Salt and pepper, to taste
- 1 cup red grapes, halved
- 1 tbsp finely diced red onion
- 1 tbsp chopped fresh cilantro
- 1 tsp lime juice
- Optional: 1/2 jalapeño, minced (for extra heat)

Instructions:

- **Make the Grape Salsa:** In a small bowl, combine halved grapes, red onion, cilantro, lime juice, and a drizzle (1 tsp) of Jalapeño Olive Oil. Add minced jalapeño if you want extra spice. Toss and set aside to let flavors meld.
- **Sear the Black Cod:** Pat cod dry and season with salt and pepper. Heat 1 tbsp Jalapeño Olive Oil in a skillet over medium-high heat until shimmering.
- Place cod in the pan skin-side down (if using skin-on). Sear for 4–5 minutes until the skin is crisp and golden. Carefully flip and cook another 2–3 minutes or until the cod is just cooked through and flakes easily.
- **Plate & Finish:** Plate the cod and spoon the fresh grape salsa on top or to the side. Drizzle with an extra touch of Jalapeño Olive Oil for an aromatic finish.