

Grilled Fish Fillets with Pineapple Sauce

Makes 4 servings

May
(We Love Moms!)

1 lb white fish fillets

Sauce:

½ cup crushed pineapple (fresh or canned)

¼ cup chicken broth

1 tbsp soy sauce

1 tsp sesame oil

1 tsp rice vinegar

1 tsp sugar

2 tsp cornstarch

2 tbsp cooking oil, divided

1 tbsp minced ginger

1 tbsp minced garlic

1 tbsp goji berries, rinsed

2 slices fresh pineapple, grilled and chopped

Garnish:

½ cup sliced green onions

½ cup chopped cilantro

1. Slice fish fillets into 4 equal pieces. Pat dry with a paper towel.
2. Combine all sauce ingredients; stir until sugar is dissolved. Set aside.
3. Place a non-stick grill pan over medium-high heat until hot. Add 1 tablespoon oil, swirling to coat bottom. Place fish fillets in the pan, skin side up, and cook until golden brown, about 2-3 minutes. Turn and cook until just done, about 3 minutes. Remove from pan and loosely cover with foil to keep warm.
4. In a clean pan, heat remaining oil over medium-high heat until hot. Add ginger and garlic, cook until fragrant, about 15 seconds. Add goji berries and sauce (stir sauce before adding to pan). Bring to a simmer and pour over fish fillets.
5. Place pineapple slices on a serving plate. Arrange fish fillets on top of pineapple. Garnish with green onions and cilantro before serving.