

CITRUS MARLIN

Time: 15 minutes plus overnight marinating

Serves: 4

Ingredients:

- 1 cup orange juice
- 1 teaspoon fresh ginger – grated
- 2 teaspoons fresh garlic – finely chopped
- 1 tablespoon sesame oil
- 2 tablespoons fresh cilantro - chopped
- 4 marlin steaks – 4 ounces each

Preparation:

Mix all ingredients except marlin in a zipper-seal bag. Add the marlin and seal the bag removing as much air as possible. Refrigerate overnight.

Preheat a heavy frying pan on medium, coat with cooking spray and place the marlin in the pan, discarding the leftover marinade. Turn the steaks over after four minutes and cook for an additional four minutes.

Remove from heat and let rest for three minutes before serving.

Nutritional Information Per Serving (fish only as marinade values are negligible):

- Calories: 120
- Fat: 1g
- Carbs: 0g
- Fibre: 0g
- Protein: 29g