



Jerk Redfish with Chayote Squash, Tomatillo, and Scallion Sauté

Novice Time: 40-50 minutes Calories Per Serving: 440
Pro Time: 30-40 minutes Serves: 2 people

The "jerk" in jerk redfish refers to the way it's seasoned and cooked. Typical in the Caribbean, this method uses a spicy, fragrant marinade to flavor. Although the origin of the word "jerk" is unclear, we can't deny that tender redfish and an aromatic spice rub make a winning combination.

USDA recommends cooking fish to 145° F.



1. Marinate Redfish

Rinse **redfish** and pat dry with paper towels. Season on both sides with **spice mix** and **half of brown sugar**. Set aside to marinate for at least 10 minutes at room temperature.



2. Prepare Ingredients

While redfish marinates, rinse all produce. Husk **tomatillos** if necessary, then cut into ½-inch pieces. Cut **squash** into ¾-inch pieces. Mince **garlic**. Trim and discard **scallion** roots, then thinly slice on a diagonal. Halve **chile** and using a knife tip, discard seeds and mince. Halve **lime**.



3. Sauté Squash

Heat **butter** and **1 tablespoon canola oil** in a large pan over medium heat. When oil is shimmering, add **squash** and sauté until softening, 10-12 minutes. Meanwhile, in a small bowl, whisk together **soy sauce**, **apple cider vinegar**, **juice of 1 lime**, and **remaining brown sugar**.



4. Sauté Tomatillos

Add **tomatillos**, **garlic**, and as much **chile** as desired to pan with squash. Sauté until tomatillos begin to release juice and squash is very tender, about 5 minutes more. Add **scallions** and cook until softening, 1-2 minutes. Taste and add **salt** and **pepper** as needed.






5. Cook Redfish

While tomatillos and squash sauté, in a separate large pan, heat **1 tablespoon canola oil** over medium-high heat. Season **redfish** on both sides with **salt**. When oil is shimmering, add **redfish** flesh-side down in a single layer and cook, pressing down with a spatula if curling, until golden on bottom, 2-3 minutes. Flip, pour over **soy-lime sauce**, and cook until redfish is sticky and flakes easily when pierced with a knife, 2-3 minutes more.



6. Plate Redfish

Divide **squash** evenly between 2 plates. Top with **redfish** and spoon over any **remaining pan sauce**. Serve.

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

When slicing spicy chiles, avoid touching the inside, and immediately wash your knife, cutting board, and hands afterward. Feel free to add less or omit it if you prefer less heat.

🔗- INGREDIENTS

- 12 ounces Acadian redfish
- 1 spice mix
- ¼ teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon allspice
- 1 tablespoon brown sugar, divided
- 5 ounces tomatillos
- 12 ounces chayote squash
- 2 cloves garlic
- 3 scallions
- 1 serrano chile
- 1 lime
- 1 packet butter
- 2 packets soy sauce (gluten-free)
- ½ tablespoon apple cider vinegar

🔗- YOU'LL NEED

- 2 large pans
- 2 tablespoons canola oil
- kosher salt
- black pepper

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