



THE EAT-CLEAN DIET®

FAST FAT LOSS that lasts forever!

FAB RECIPE – WEEK OF 16 APRIL 2012

Grilled Blue Marlin with Strawberry Nectarine Salsa



YIELD: 4 x 5-oz marlin steaks
PREPARATION TIME: 15 minutes
COOKING TIME: 4 minutes

Nutritional Value per Serving:

Calories: 262
Calories from Fat: 79
Total Fat: 3 g
Saturated Fat: 1 g
Total Carbs: 13 g
Fiber: 2 g
Protein: 33 g
Sodium: 328 mg
Cholesterol: 60 mg

Details

The rich flavor of blue marlin is highlighted by a sweet strawberry-nectarine salsa in this recipe from [The Eat-Clean Diet® Cookbook 2](#). Blue Marlin meat is considered a delicacy, especially valued in Japan for sashimi.



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Ingredients:

Salsa

- 1 cup / 240 ml fresh strawberries, stemmed and quartered
- 2 nectarines, pits removed and cut into ½-inch pieces
- 1 red chili pepper (red jalapeño), seeded and finely chopped
- 1 Tbsp / 15 ml finely chopped red onion
- 2 Tbsp / 30 ml fresh lime juice
- 1 Tbsp / 15 ml chopped fresh mint
- 1 Tbsp / 15 ml chopped fresh cilantro
- Scant pinch sea salt
- Scant pinch black pepper

Marlin

- 4 x 5-oz / 140 g wild-caught Hawaiian blue marlin* steaks (can substitute swordfish or tuna)
- 1 Tbsp / 15 ml fresh lime juice
- [Eat-Clean Cooking Spray](#)
- 1 tsp / 5 ml sea salt, divided
- ½ tsp / 2.5 ml freshly ground black pepper, divided

Preparation

1. In a medium bowl, combine salsa ingredients and place in refrigerator to allow flavors to combine while you prepare marlin.
2. Place marlin steaks in a shallow dish and squeeze lime juice over top, lifting up edges of steaks to allow juice to reach underside. Let marlin marinate in lime juice for 5 minutes.
3. Heat a grill or grill pan to medium-high heat and spray with Eat-Clean Cooking Spray. Spray top of marlin steaks and season with half of salt and half of pepper. Place on grill and cook for 2 minutes. Turn, spray with more Eat-Clean Cooking Spray and season with remaining salt and pepper. Cook until desired doneness, about 2 more minutes for medium rare. This fish is better undercooked than overcooked.
4. Remove marlin steaks to a serving plate and spoon salsa over top.

Glenda's Tip

*If you prefer, you can use Tuna, Dolphin or even Tilapia as an alternative

Source: www.eatcleandiet.com