



# Pan-Seared Paiche with Spicy Avocado Sauce and Greens

## Serves 4

Paiche, a firm and delicious fish from Peru, is native to the Amazonian Basin. Here we've paired thick fillets with a spicy avocado sauce and earthy greens spiked with garlic.

## Ingredients:

- 1/2 small avocado
- 3/4 chopped fresh cilantro
- 1 jalapeño pepper, seeded and chopped
- 2 tablespoons lime juice
- 3 garlic cloves, sliced, divided
- 3 tablespoons finely diced red onion
- 2 tablespoons extra-virgin olive oil, divided
- 1 bunch kale, collards or chard, well rinsed, stems and tough ribs discarded, leaves thinly sliced
- 3/4 teaspoon fine sea salt
- 4 (6-ounce) paiche fillets

## Method:

In a food processor, combine avocado, cilantro, jalapeño, lime juice, 2 tablespoons water and 1 of the garlic cloves. Pulse until finely chopped. Transfer to a small bowl and stir in onion.

Heat 1 tablespoon of the oil in a large skillet over medium heat. Add remaining 2 garlic cloves and cook, stirring, 1 minute. Add greens and 1/4 teaspoon of the salt. Cover and cook, stirring frequently, until tender, about 5 minutes; add water a few tablespoons at a time if necessary to keep greens from sticking. Transfer greens to a platter and keep warm.

Wipe out the skillet and place over medium-high heat. Add remaining 1 tablespoon oil. Sprinkle paiche with remaining 1/2 teaspoon salt. Add to the skillet and cook until just opaque in the center, about 4 minutes per side. Place fish on top of greens and spoon sauce over fish.

## Nutritional Info:

**Per Serving:** 280 calories (120 from fat), 13g total fat, 2g saturated fat, 85mg cholesterol, 570mg sodium, 7g carbohydrates, (3 g dietary fiber, 1g sugar), 33g protein.

## Special Diets:

- [Dairy Free](#) [1]
- [Gluten Free](#) [2]
- [Sugar Conscious](#) [3]
- [Wheat Free](#) [4]

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#). [5]

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## Links

- [1] <http://www.wholefoodsmarket.com/healthy-eating/special-diets/dairy-free>
- [2] <http://www.wholefoodsmarket.com/healthy-eating/special-diets/gluten-free>
- [3] <http://www.wholefoodsmarket.com/healthy-eating/special-diets/sugar-conscious>
- [4] <http://www.wholefoodsmarket.com/healthy-eating/special-diets/wheat-free>
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