

FIT

FLIK Grilled Thai Sweet Chili Salmon

Portion Size: 1 piece (3 ½ oz cooked weight)

Recipe Yield: 6

Salmon Fillet, Fresh

1 ½ lb

Mo' Hotta Mo' Betta Thai Sweet Chili Seasoning

1 TBSP

Cooking Spray

As needed

1. Cut salmon into 4 oz fillets.
2. Sprinkle seasoning on both sides of fish (1/2 tsp per 4 oz fillet)
3. Spray grill with cooking spray. Mark salmon on both sides. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork. Remove from grill and serve immediately.

Nutrition Info (per serving):

Cal: 170; Total Fat: 8g; Sat Fat: 1g; Sodium: 150mg; Carbs: 2g; Protein: 26g; Fiber: 0g; Sugar: 1g

Food by FLIK

FIT

FLIK Coconut Green Curry Seasoned Shrimp

Portion Size: 4 oz (about 4 shrimp)

Recipe Yield: 6

Shrimp , peeled and deveined (16/20)

1 ½ lb

Mo' Hotta Mo' Betta Coconut & Curry Seasoning

1 TBSP

Canola Oil

1 TBSP

1. Sprinkle seasoning on shrimp to coat all sides.
2. Heat a large nonstick skillet coated with over medium-high heat. Add canola oil.
3. Sauté shrimp 3-4 min or until translucent. Remove from pan and serve immediately.

NOTE: Shrimp can be skewered and grilled with spice coating and canola oil; placed on a hot grill until translucent.

Nutrition Info (per serving):

Cal: 110; Total Fat: 4g; Sat Fat: 1g; Sodium: 460mg; Carbs: 2g; Protein: 16g; Fiber: 0g; Sugar: <1g

Food by FLIK



FLIK Sonoran Southwest Seasoned Catfish

Portion Size: 1 piece (3 ¼ oz cooked weight)

Recipe Yield: 6

Catfish Fillet, Fresh	6 each
Mo' Hotta Mo' Betta Sonora Southwest Seasoning	1 TBSP
Canola Oil	1 TBSP

1. Cut catfish into 4 oz fillets.
2. Sprinkle seasoning on both sides of fish (1/2 tsp per 4 oz fillet).
3. Heat a large nonstick skillet coated with over medium-high heat. Add canola oil.
4. Add fish; sauté 2-3 minutes on each side or until fish flakes easily when tested with a fork. Remove from pan and serve immediately.

NOTE: Fish can be skewered and grilled with spice coating and canola oil; placed on a hot grill until translucent.

Nutrition Info (per serving):

Cal: 180; Total Fat: 10g; Sat Fat: 2g; Sodium: 21mg; Carbs: 2g; Protein: 19g; Fiber: 0g; Sugar: 0g

Food by FLIK



FLIK Grilled Chipotle BBQ Seasoned Swordfish

Portion Size: 1 piece (3 ½ oz cooked weight)

Recipe Yield: 6

Swordfish, Fresh	1 ½ lb
Mo' Hotta Mo' Betta Chipotle BBQ Seasoning	1 TBSP
Cooking Spray	As needed

1. Cut swordfish into 4 oz fillets.
2. Sprinkle seasoning on both sides of fish (1/2 tsp per 4 oz fillet)
3. Spray grill with cooking spray. Mark swordfish on both sides. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork. Remove from grill and serve immediately.

Nutrition Info (per serving):

Cal: 160; Total Fat: 8g; Sat Fat: 2g; Sodium: 185mg; Carbs: 2g; Protein: 21g; Fiber: 0g; Sugar: <1g

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