

# Shark & Bake

## Ingredients

1 lb Shark Fillet	3 tbsp vegetable oil
3 tbsp fresh lime juice	All purpose flour
3 tbsp finely chopped green onion	6 pita bread rounds, warmed
3 garlic cloves, minced	Chopped lettuce leaves
1 1/2 tsp chopped fresh thyme	Tomato slices
3/4 tsp minced habanero chile	

## Directions

Arrange fish in a single layer glass baking dish. Mix lime juice, green onion, garlic, thyme and chile in small bowl; season with salt and pepper. Spoon over fish; let stand at room temperature at least 20 minutes and up to 1 hour.

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle fish on both sides with salt and pepper, then flour. Working in batches, add fish to skillet and cook until golden and opaque in center, about 2 minutes per side. Transfer fish to paper towels to drain.

Cut off thin slice from each warm pita bread round, forming an opening. Open pita pockets and stuff with fish, lettuce and tomato. Serve with desired condiments such as: mango chutney, honey mustard, garlic mayonnaise, thinly sliced onion, thinly sliced cucumbers, and hot pepper sauce.

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