

# Pan-Fried Whitefish with Corn-Tomato- Avocado Salad

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Recipe source: Jennifer Olvera for [Serious Eats](#)



## INGREDIENTS:

- 2 ears of corn on the cob, cooked, kernels removed (about 1 cup cooked kernels)
- 1 small red onion, minced (about 1/2 cup)
- 1 medium Hass avocado, diced (about 1 cup)
- 1 small tomato, diced (about 1 cup), or 1 1/2 cups cherry tomatoes, quartered
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh-squeezed lime juice
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh basil leaves
- Kosher salt and freshly ground black pepper
- 2 tablespoons unsalted butter
- 4 skin-on whitefish (or other light, white-fleshed fish) fillets, about 6 ounces each, patted dry with paper towels

## DIRECTIONS:

- Combine corn, red onion, avocado, tomato, red wine vinegar, lime juice, 1 1/2 tablespoons olive oil, and basil in a medium bowl. Season with salt and pepper.
- Season fish with salt and pepper.
- Melt butter and remaining 1 tablespoon olive oil in a large skillet over medium-high heat until butter is foaming.
- Add fish, skin side-down, and cook, pressing gently on back of filets to ensure good contact with skin, until skin is crisp, 3 to 5 minutes. If skin shows resistance when attempting to lift with a spatula, allow it to continue to cook until it lifts easily.

- Flip fish and cook until just cooked through, 2 to 3 minutes.
- Transfer fish to plates, top with salad and serve immediately.