

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Halibut Baked Halibut with Olive Tapenade Crust

Total Time 30 minutes

Servings 4 servings



Ingredients

- 4 filets of halibut (or substitute cod)
- 20 kalamata olives, pitted and chopped
- 2 tablespoons capers, chopped
- 1 garlic clove, minced
- 1 lemon, zested
- ¼ teaspoon red chili flakes
- Chopped parsley (Optional)

Instructions

1. Heat oven to 350 F.
2. To make the tapenade: chop the olives and capers and add to a small amount of olive oil. Add the minced garlic, chili flakes and lemon zest. Using a wooden spoon, mix the ingredients until they begin to form a paste.
3. Heat 2 tablespoons of oil in a frying pan. As pan is heating, season the fish on both sides with salt and pepper.
4. Place the fish skin side up and sear the top of the fish until golden (1 minute).
5. Remove and place skin side down on a baking sheet. Top with the tapenade.
6. Bake for 10-15 minutes until the fish is done. Time of cooking depends on thickness of fish but fish is done when it flakes easily with a fork.
7. Top with chopped parsley and serve with any type of vegetable or over a bed of quinoa.

I like to serve this dish with baby Bok Choy cooked sautéed in garlic, chili peppers, salt and pepper.

Optional: Fish can be garnished with balsamic glaze, which is easy to make. In a small pot, reduce balsamic vinegar with brown sugar until it coats the back of a spoon. Season with salt and pepper and let cool. As it cools, it will thicken.

Leftover glaze can be stored at room temperature.

Buon Appetito!!