

ALASKA HALIBUT WITH CHIMICHURRI SAUCE



prep time: 25 cook time: 20 servings: 4

INGREDIENTS

2 cups long-grain white rice
1/2 teaspoon plus 1 teaspoon salt
3/4 cup chopped fresh cilantro, divided
3/4 cup chopped Italian parsley, divided
2 Tablespoons fresh oregano leaves
1-1/2 fresh jalapeño chiles (about 1-3/4 oz. total), rinsed,
stemmed,
and seeded
2 cloves garlic, peeled
6 Tablespoons plus 1 Tablespoon extra-virgin olive oil
5 Tablespoons lime juice
4 Alaska Halibut fillets (6 oz. each)
Fresh-ground black pepper

DIRECTIONS

Combine rice, 3-3/4 cups water, and 1 teaspoon salt in a 4- to 5-quart pan. Cover and bring to a boil over high heat. Reduce heat and simmer until rice is tender to bite, 15 to 18 minutes. Remove from heat, sprinkle remaining 1/4 cup cilantro and 1/4 cup parsley over the top and fluff rice with a fork, mixing in herbs.

In a blender or food processor, whirl 1/2 cup cilantro, 1/2 cup parsley, oregano, jalapeños, garlic, 6 tablespoons olive oil, lime juice, and 1/2 teaspoon salt until smooth. Taste, and add more salt if desired. Scrape chimichurri into a small bowl.

Meanwhile, rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated pan and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn halibut over and sprinkle with salt and black pepper. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

To serve, spoon rice onto dinner plates and top each mound with a halibut fillet and drizzle with a little chimichurri sauce. Serve remaining sauce at the table to add to taste.

Nutrients per serving: 786 calories, 32g total fat, 6g saturated fat, 37% calories from fat, 62mg cholesterol, 43g protein, 78g carbohydrate, 2g fiber, 1007mg sodium, 138mg calcium and 1000mg omega-3 fatty acids.

Recipe from the kitchens of *Sunset Magazine*



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