

ALASKA HALIBUT WITH PANCETTA SALAD



prep time: 20 cook time: 15 servings: 4

INGREDIENTS

2 bell peppers, halved and seeded
3/4 cup pancetta, cubed OR thick-sliced bacon, cut in 1-inch pieces
2 Tablespoons olive oil
4 Alaska Halibut steaks or fillets (4 to 6 oz each)
5 to 6 oz. baby spinach
1/2 red onion, thinly sliced
1 cup arugula or watercress

Dressing:

1/3 cup extra virgin olive oil
3 Tablespoons fresh lemon juice
1 teaspoon grated lemon zest
1 to 2 teaspoons wholegrain or Dijon mustard
2 teaspoons chopped fresh thyme
Salt and pepper, to taste

DIRECTIONS

Preheat broiler/oven to high. Arrange peppers on a rack, cut side down. Broil about 4 to 6 inches from the heat source until the skins begin to blacken and char. Place peppers in a large zip-top or paper bag; set aside.

Whisk dressing ingredients together to combine. Season with salt and pepper to taste; set aside.

Sauté the pancetta or bacon in a heavy non-stick skillet until brown and crispy. Drain on paper towel. Drain off all but 2 tablespoons drippings.

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

Turn halibut over and season with salt and 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.

Portion spinach onto four dinner plates. Peel the peppers, then cut them into strips. Sprinkle onto the salads, along with the onion, pancetta, and arugula or watercress.

Serve the halibut with the salads, drizzling dressing over all.

Cook's tip: Choose a variety of peppers for color and flavor, or use roasted peppers in olive oil for ease of preparation.

Nutrients per serving: 564 calories, 40.5g total fat, 8g saturated fat, 64% calories from fat, 69mg cholesterol, 41g protein, 9g carbohydrate, 3g fiber, 787mg sodium, 120mg calcium and 800mg omega-3 fatty acids.

Photo by Steve Lee



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