

Pan-Seared Alaska Halibut & Vegetables Chowder-Style



Preparation Time: 15 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

1 Tablespoon olive oil
16 cippolini or pearl onions, trimmed and peeled
1 teaspoon minced garlic
1 pound asparagus spears, trimmed and cut in 2-inch pieces
6 oz. small fresh whole mushrooms, halved
2 Tablespoons fresh chopped basil OR 1 Tablespoon prepared pesto
1 can (15 to 19 oz.) favorite beans, drained and rinsed
1 can (14.5 oz.) low-fat chicken broth
1 teaspoon soy sauce, if desired
2 Tablespoons unsalted butter
4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
1-1/2 Tablespoons olive, canola, peanut or grapeseed oil
1 teaspoon garlic-pepper blend

Description:

Sauté onions in olive oil in heavy nonstick skillet over medium-high heat until onions are translucent, about 3 to 4 minutes. Add garlic, asparagus, and mushrooms; stir-fry 1 minute. Stir in basil, beans, chicken broth, soy sauce, and butter; heat until butter is melted. Remove from pan and keep warm.

Wipe pan clean. 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 garlic-pepper blend. 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, place each halibut portion in shallow pasta/soup bowl. Spoon 1 cup vegetables and broth over fish.