

WARM HALIBUT POTATO SALAD



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: 6

Ingredients:

1 pound small white or red new potatoes
4 Alaska Halibut fillets (4 to 6 oz. each), fresh, thawed or frozen
1 Tablespoon olive oil
Pepper, to taste
1 teaspoon dried dill
2 Tablespoons parsley, chopped
1 cup celery, chopped
1/2 cup red bell pepper, chopped
1 cup fresh (or canned) mandarin orange segments
1 Tablespoon fresh dill, chopped
1/2 teaspoon seasoning salt
1 package (5 oz.) arugula
Dressing:
1/2 cup green onions, sliced
2 Tablespoons olive oil
1/2 cup orange juice
2 Tablespoons Dijon mustard

Description:

Boil potatoes in salted water just until tender; drain and cool slightly. Slice potatoes in 1/4-inch thick rounds.

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 olive 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; season with pepper and dried dill. 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. Break halibut into large chunks (removing skin, if any).

Mix parsley, celery, red pepper, orange segments, fresh dill, and seasoning salt together in large bowl. Add potatoes to celery mixture; stir.

For dressing, sauté green onions in 2 tablespoons olive oil. Add orange juice and Dijon mustard; whisk. While warm, pour dressing over salad. Add halibut chunks and mix gently.

To serve, portion a handful of arugula onto plates; top with halibut potato salad.