

Pan-Seared Alaska Halibut with Red Curry and Basmati Rice



Preparation Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

1-1/2 cups basmati rice, uncooked
1 can (13 to 14 oz.) regular or lite coconut milk
2 Tablespoons red curry paste
1 Tablespoon brown sugar
8 oz. mushrooms, halved
1 medium zucchini, sliced
2 Tablespoons fish sauce
4 to 6 Thai basil leaves, coarsely chopped
4 Alaska Halibut fillets (4 to 6 oz. each), fresh, thawed or frozen
1-1/2 Tablespoons olive or grapeseed oil
1/2 lime or lemon, if desired

Description:

Cook rice in a rice cooker or saucepot according to package directions; keep warm.

Whisk coconut milk, curry paste, and brown sugar in a large saucepan. Bring to a boil, then reduce heat to a simmer; add mushrooms and zucchini. Cook 2 minutes, then stir in fish sauce and Thai basil. Turn off heat; cover and keep warm.

Rinse any ice glaze from frozen Alaska Halibut under cold running water; pat dry with a paper towel. Heat a nonstick skillet over medium-high heat. Brush both sides of halibut with oil. Gently place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Turn fillets over, reduce heat to medium, and cover pan tightly. Cook 5 to 7 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

For each serving, portion about 1 cup rice into a low-sided bowl or on rimmed plate. Place a halibut portion over rice; squeeze on lime or lemon juice, if desired. Ladle about 1 cup sauce and vegetables over all.

Recipe by Ryan and Sara Hall