

Sheet Pan Wild Alaska Pollock with Kale, Butternut Squash and Cranberries



Preparation Time: 20 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

For the Pecans:

- 1 teaspoon raw cane sugar
- 1 teaspoon ancho chili powder
- 1/2 teaspoon salt
- 1 cup pecans
- 2 tablespoons manuka honey

For the Fish and Vegetables:

- 8 cups 1-inch butternut squash cubes (about 2 pounds)
- 5 tablespoons olive oil
- Black pepper, to taste
- 1 bunch curly kale (about 8 ounces), stemmed and torn into bite-size pieces
- 4 wild Alaska pollock fillets (6-ounces each)
- 2 tablespoons chopped fresh parsley
- 1/4 cup dried cranberries

Description:

1. Preheat the oven to 350°F. Line a rimmed baking sheet with parchment. In a small bowl, stir the sugar, chili powder and salt together.
2. In a bowl, toss the pecans and honey together until the pecans are coated. Spread them in one layer on the baking sheet, separating them so they don't touch. Sprinkle with half the spice mix. Bake for 8 to 9 minutes, or until they brown and smell toasty (careful not to burn). Remove from the oven and sprinkle with the remaining spice mix. Let cool completely on the baking sheet. Gather the edges of the parchment together and shake the pecans in the spice mix. Transfer to a bowl.
3. Increase the oven temperature to 450°F. On a rimmed baking sheet, mound the squash. Drizzle with 2 tablespoons of the oil and sprinkle with salt and pepper. With your hands, rub the oil into the squash to coat it and spread it on the baking sheet in one layer. Roast for 25 to 28 minutes, or until tender and golden.
4. Meanwhile, in a bowl, toss the kale with 2 tablespoons of the olive oil and 1/4 teaspoon salt. Massage the kale until it turns dark and softens slightly.
5. Remove the baking sheet from the oven and spread the kale over the squash. Set the fillets on top of the vegetables and sprinkle them with the lemon juice, salt and pepper. Drizzle with the remaining 1 tablespoon olive oil. Bake for 8 to 10 minutes, or until the fish is opaque and flakes easily with a fork. Let rest for 5 minutes (the temperature will rise a few degrees while fish rests.)

6. Transfer the fish and vegetables to individual plates or a large platter, and sprinkle with the parsley, honeyed pecans and cranberries.

Recommended wine pairing: Columbia Crest H3 Cabernet Sauvignon

Recommended beer pairing: Kona Big Wave Golden Ale