

Pan Seared WHITE FISH & QUINOA MEDLEY SALAD

An easy way to reduce carbs. This meal will satisfy all your protein needs while packing a flavorful punch!



DIRECTIONS:

- Put quinoa into a medium sized saucepan and cover with chicken stock; bring to a boil. Once stock is boiling reduce heat, cover and simmer over low heat for approximately 15 minutes. Drain if necessary.

- Rinse all produce under cold water. On a large cutting board cut English Cucumbers in half lengthwise & slice. Also dice Bell Peppers, fresh dill and green onions while halving Cherry Tomatoes; set aside.

- Allow quinoa to cool slightly before combining with English Cucumber, Cherry Tomatoes, Bell Peppers, and green onions in a salad bowl. Adjust the seasoning and add olive oil. Set aside and allow flavors to combine.

- Preheat a large non-stick or cast iron skillet over medium- high heat, add 3 tbsp. vegetable oil.

- Season the filets with salt and half of the lemon zest.

- Place fish into heated pan, cook for 3-4 minutes per side. When finished cooking remove from heat, transfer to plate and garnish with remaining lemon zest & fresh dill.

- Serve fish and the salad family style on a platter or on individual plates.



Nutrition Facts

Serving Size (550g)	
Servings Per Container	
Amount Per Serving	
Calories 560	Calories from Fat 220
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 350mg	15%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 55g	
Vitamin A 20%	Vitamin C 170%
Calcium 8%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4 People

INGREDIENTS:

- 1/2 English Cucumber
- 12 Red Cherry Tomatoes
- 1 Yellow Bell Pepper
- (4) 5-6 oz. pieces of fresh filets of Halibut
- 1 1/2 cups quinoa
- 1 full lemon, zested
- 2 1/2 cups quality chicken stock
- 1 tbsp. fresh dill
- 3 tbsp. vegetable oil
- 3 green onions
- 2 tbsp. olive oil
- Sea salt & pepper to taste

CHEF'S TIP:

For an additional take on the white fish, fire up the BBQ and grill your fish

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