



**PAN SEARED WHITE FISH
& QUINOA MEDLEY**

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Prep time: 10 Minutes
Cook time: 20 Minutes
Servings: 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

DIRECTIONS:

Put quinoa into a medium sized saucepan and cover with 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.