



Recipes

Fish

Baked Halibut with Roasted Chili Peppers

Prep and Cook Time: 35 minutes

Yield: 4 servings

Ingredients:

- 1 1/2 pounds halibut fillets
- 1 medium poblano pepper
- 1/2 jalapeño pepper
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves
- 1 shallot
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon sea salt

Directions:

1. Preheat oven to 350° F.
2. Wash and dry peppers. Rub peppers with small amount of olive oil. Roast peppers in the oven until peppers are soft and skin is hot.
3. Remove from oven, cover, and let sit for 5 minutes.
4. Peel away skin and remove seeds and stems.
5. Combine the roasted peppers, remaining olive oil, garlic, shallots, cayenne pepper, and sea salt in a food processor. Puree until smooth.
6. Cover a cookie sheet with parchment paper, and place halibut on sheet. Spread puree of roasted peppers over the halibut top and sides. Bake for 20-30 minutes.
7. Serve on top of your favorite sautéed leafy greens.