



Seared Alaskan Halibut

Thai purple sticky rice, apple-fennel slaw
Lemon Pepper Vinaigrette

Seared Alaskan Halibut

6, 5 oz. pieces of fresh Alaskan halibut fillets
3 cups Thai purple sticky rice (cooked)
1 bulb of fresh fennel
1 granny smith apple
3 T Olive oil
1 tsp. Salt
1 tsp. Pepper
1 tsp. Ground fennel seed

Lemon Pepper Vinaigrette

2 Lemons juiced, no seeds
½ cup white balsamic vinegar
¼ tsp. black pepper
¼ cup honey
1 tsp. whole grain mustard
Pinch of salt
1 ½ cups blended olive oil

Sauté halibut filets in a non-stick pan with hot olive oil. Brown nicely on one side then turn fish and place in 375° oven for 8 minutes.

To assemble, place purple sticky rice on plate then place halibut on top, and top with shaved fennel & apple slaw. Dress with vinaigrette.