

NENE'S HALIBUT WITH GARDEN PESTO

PREP: 30 MIN SERVES
TOTAL: 90 MIN 

HALIBUT FACTS



SCIENTIFIC NAME: *Hippoglossus stenolepis*

WHERE THEY'RE CAUGHT:



SEASON: March - November

CULINARY PROFILE: Halibut's dense, fat flakes make it perfect for baking and sautéing.



INGREDIENTS

- 1 - 1.5 POUNDS HALIBUT
- 1 SPAGHETTI SQUASH
- 1/3 CUP PLUS 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 3 TEASPOONS LEMON JUICE
- 3 TEASPOONS FINELY CHOPPED CHIVES
- 3 TEASPOONS CHOPPED THYME
- 3 TEASPOONS GRATED PARMESAN CHEESE
- 1 GARLIC CLOVE, MINCED
- 1 STICK BUTTER
- 1/4 TEASPOON GARLIC POWDER
- 1/4 TEASPOON ONION POWDER
- SALT + PEPPER (TO TASTE)

DIRECTIONS

1 PREPARE SQUASH

Preheat oven to 400° F. Pierce squash all over with knife and microwave for 6 minutes. Split long ways to open the squash and remove the seeds. Drizzle flesh with 1 tbsp olive oil

2 ROAST SQUASH

Place squash flesh side down on a baking sheet lined with foil. Cover with foil and bake 1 hour or until the skin of the squash is easy to poke with a fork. Scrape out the spaghetti squash meat.

3 MAKE PESTO

While the squash is roasting, combine 1/3 cup olive oil, lemon juice, chives, thyme, Parmesan, garlic, and salt & pepper (to taste) in a mason jar. Shake to combine.

4 BROWN BUTTER & PREP HALIBUT

Season halibut with salt, pepper, garlic powder, and onion powder on both sides.

Brown butter over medium high heat until it foams and smells nutty. Mix with squash strands.

5 SEAR HALIBUT

Heat 1 tbsp olive oil over medium high heat in a skillet and sear halibut 2-3 minutes on each side. Reduce heat, cover, and cook an additional 3-4 minutes until the halibut flakes,

6 PLATE

Place a portion of buttered squash on each plate and top with a piece of halibut. Spoon pesto over the halibut and squash.

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