

Grilled Halibut with Poke Sauce

One of the easiest ways to prepare fish is on the grill. It can be done on an outdoor grill (using a wire basket if necessary) or on an oiled stovetop grill. Tonight it'll be finished with poke sauce (pronounced po-kay). It's perfectly acceptable to use frozen fish for this meal. Be sure to set it in the fridge to thaw in the morning.

Baby Bok Choy is available in the supermarkets so enjoy this versatile vegetable tonight. Delicate lemon/scallion rice finishes the plate.

Preparation time: 45 minutes - Serves: 2 (with leftovers for Friday)

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add. There are 3 onion preps tonight: 1/4 C. chopped green onion for the Lemon/Scallion Rice, 2 chopped green onions for the Poke Sauce and 1/2 C. sliced yellow onion for the Mushrooms and Bok Choy. Juice 1 whole lemon, and then slice the juiced lemon into 1/4" rounds. Set rounds aside. You'll use them when you grill the fish.

Lemon Scallion Rice

- 1 C. brown rice
- 2-1/4 C. water

- 1-1/2 C. cooked rice (from above)
- 1/4 green onions (chopped)
- 1-1/2 T. lemon juice
- 1/4 C. low-sodium vegetable broth
- 3 T. Italian parsley (lightly chopped)

Poke Sauce

- 1 T. sesame seeds
- 2 T. onion or shallot (finely-chopped)
- 2 green onions (chopped)
- 3 T. low-sodium soy sauce
- 1 tsp. sesame oil
- 1 T. rice wine vinegar
- 1 teaspoon chili garlic sauce
- 1/8 tsp. freshly grated ginger

Mushrooms and Bok Choy/ Grilled Halibut

Mushrooms and Bok Choy:

- 1 tsp. olive oil
- 12 cremini or white mushrooms (sliced)

- 1 tsp. olive oil
- 2 bunches baby bok choy (washed - tops and stems chopped separately)
- 1/2 C. yellow onion (thin-sliced)

- 1 T. lemon juice
- 1/4 C. low-sodium veggie broth
- 2 T. fresh cilantro (chopped)

Grilled Halibut:

- 1 T. lemon juice

- 1 T. canola oil (for grilling)
- 16 oz. halibut (or cod fillet)

But First -
Cook the Rice!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting rice on to cook. Bring rice and water to a boil, reduce heat to medium-low, cover and set a timer for 25 minutes.

Make the poke sauce while the rice cooks and let it rest. Finish the meal by searing the mushrooms and bok choy and grilling the fish.

Poke Sauce

Toast sesame seeds on the stovetop in a dry shallow pan. Set aside to cool.

Combine all other ingredients in a small bowl. Add toasted sesame seeds once they've cooled. Set aside until ready to use.

Lemon Scallion Rice

Measure and combine cooked rice with chopped green onions, lemon juice and broth.

Toss in 3 T. parsley. Cover and let stand.

Mushrooms and Bok Choy/Grilled Halibut

1. Mushrooms and Bok Choy: Brown mushroom slices in 1 tsp. olive oil in medium sauté pan. Remove mushrooms from pan and set aside.
2. Using the same pan, heat another 1 tsp. oil until it shimmers. Add bok choy stems and sliced onion. Toss until they begin to brown on the edges.
3. Return browned mushrooms to the pan along with chopped bok choy tops.
4. Mix lemon juice and broth together and toss into pan with the vegetables. Toss until liquid cooks away. Sprinkle chopped cilantro into vegetables and toss again. Remove from heat until you serve the meal.
5. Grilled Halibut: Drizzle about 1 T. canola oil over a paper towel and apply to a stovetop griddle or grill.
6. Drizzle fillets with lemon juice. Start on a hot, oiled griddle or grill and place fillet skin side up for about 1 minute. You're just cooking this side long enough to get grill marks on the top. Lift fish off of the grill and place sliced lemon wedges on the grill. Return fish, skin-side down, to grill over top of lemon slices. Cover with foil or a lid and finish grilling until the fish is white and just beginning to separate and flake. Place cooked fillets on dinner plates. Spoon 2 tsp. poke sauce over each fillet. Spoon 1 C. Lemon/Scallion Rice alongside fillet and flank with mushrooms/bok choy mixture.

What I've Learned from this Recipe

The bok choy your eating tonight is one of the powerhouse cruciferous vegetables. It's high in vitamins C and E and contains the mineral selenium. Selenium is linked to detoxifying some cancer causing compounds in the body as well as decreasing tumor growth rates.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com