

Halibut with Hoisin Sauce and Tropical Arugula Nest

Make some Hoisin Sauce tonight, unless you have some already made. To the delight of your diners, you'll drizzle a piece of baked halibut with this lovely sauce. The halibut is then served over quinoa and the plate is completed with a generous portion of a tropical arugula salad with slivered mango and fennel.

Preparation time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on the countertop before you begin. You'll be a happy cook when you've got everything at your fingertips.

Quinoa

(Use leftover quinoa if you have it.)

1 C. dry quinoa
2 C. water
pinch of salt

Hoisin Sauce

1 T. low-sodium soy sauce
2 tsp. creamy peanut butter
1 T. rice wine vinegar
1 clove garlic (smashed and chopped)
1/2 tsp. sesame oil
1/4 tsp. Asian pepper sauce
2 tsp. brown sugar
1/4 tsp. fresh ground ginger
1 tsp. brown rice miso

Baked Halibut

8 oz. halibut fillets

1 T. lemon juice
mixed with
1 tsp. low-sodium soy sauce

Tropical Arugula Salad

Arugula Salad

3 C. washed arugula
3/4 C. slivered mango (match-stick size)
3/4 C. slivered fennel (match-stick size)

Dressing:

2 T. olive oil
1 tsp. prepared mustard
Pinch of salt
1 tsp. honey
1 T. balsamic vinegar
2T. low-sodium vegetable broth

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Begin by preheating the oven to 425°. If needed, get quinoa and Hoisin Sauce started. Bake the fish last so it's fresh from the oven when you serve it.

Quinoa

Bring quinoa, water and salt to a hard boil, cover and turn off heat. Let stand until ready to dine.

Hoisin Sauce (if needed)

Mix all Hoisin Sauce ingredients in a small bowl. Microwave 1 minute on high. Stir well. Set aside.

Tropical Arugula Salad

Place arugula and prepared mango and fennel pieces into a large bowl. Toss well.

Dressing:

Place all ingredients in a small jar with a tight fitting lid and shake well. Just before serving, add dressing to arugula mixture and toss.

Baked Halibut

1. Place fish in an oiled baking dish, skin-side-down, and cover with lemon juice/soy sauce mixture.
2. Slide fish into preheated 425°oven and bake 15 minutes. Remove fish from oven and dress each fillet with 3 tsp. Hoisin Sauce before serving.

Plate the Meal

Quinoa and Halibut

1. Spoon 3/4 C. hot quinoa onto each serving plate. Spoon 1 T. Hoisin Sauce over quinoa.
2. Stack a fish fillet, previously dressed with Hoisin Sauce, on top of quinoa.

Tropical Arugula Salad

Divide dressed arugula salad between plates and arrange it around quinoa and fillets.

What I've Learned from this Recipe

Halibut is a seasonal fish but because it's flash frozen while boats are still at sea it's available in the stores all year. When thawed and cooked, this frozen fish tastes very fresh. Many of the larger grocery chains like Trader Joes and Whole Foods carry it in the frozen food section.

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