

# Pasta with Halibut

Tonight you'll use leftovers to create a tasty Italianate seafood ragu dish.

Mushrooms, onions, sweet peppers and celery combine with leftover cooked halibut, Italian Sausage and capers in a spicy Marinara sauce. This meal is a fantastical feast of pasta with fresh fish from the fridge. What a great choice for a relaxing Friday night.

If you don't have leftover Marinara Sauce, make some as you begin prep ("Tips and Time Savers.")

**Preparation time: 35 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates or in bowls. This recipe goes together quickly so it's good to have everything prepped. You'll prep 2 cloves of garlic: 1 chopped for the pasta and 1 whole/peeled for the dressing. Perform three different onion preps: 3/4 C. sliced onion for the pasta, 1/4 C. chopped onion for the dressing and 2 chopped green onions for the salad.

### Pasta with Halibut

2 1/2 C. whole-wheat or quinoa dry spiral pasta  
1 tsp. olive oil  
1-1/2 C. sliced cremini mushrooms  
1 tsp. olive oil  
3/4 C. celery (chopped)  
1 clove garlic (smashed and chopped)  
3/4 C. onion (sliced)  
1/2 C. green bell pepper (chopped)  
1/2 C. red bell pepper (chopped)  
1-1/2 C. Marinara Sauce (leftovers)  
1 leftover cooked, meatless Italian sausage (chopped into 1/2" pieces)  
2 T. capers  
Additional Tabasco or cayenne to taste  
6 oz. leftover cooked halibut (broken into pieces)

#### Garnish:

3 T. Parmesan cheese

### Creamy Dill Dressing

1 clove garlic (whole, peeled)  
1/4 C. chopped onion  
1 T. olive oil  
1/2 tsp. prepared mustard  
pinch of salt  
2 T. white balsamic or rice wine vinegar  
2 T. fresh dill weed  
3/4 C. plain, nonfat yogurt

### Green Side Salad

4 leaves leaf lettuce (washed and broken)  
2/3 C. cucumber (peeled and chopped)  
1/2 C. red bell pepper (sliced)  
2 T. green onions (chopped)  
10 cherry tomatoes (halved)

Put Pasta Water  
on to boil!

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

This meal relies heavily on leftovers, Halibut and Marinara Sauce being the major ones. If you don't have an Italian sausage to add, the recipe will work without it.

### Pasta

When water boils, drop dry pasta into the water and cook 8 minutes or per package directions. When pasta reaches desired tenderness, drain and rinse.

### Pasta with Halibut

1. In a large deep sauté pan, brown mushrooms in oil. Remove from pan and set aside.
2. Add another tsp. oil to same pan and sauté celery for 2 minutes. Add garlic, onion and peppers and sauté for 2 more minutes or until onions start to brown.
3. Return mushrooms to pan with onion/celery mixture and pour in Marinara Sauce. Bring to a boil. Remove from heat. Add chopped sausage and capers. Stir gently. Let stand.
4. Add Tabasco or cayenne pepper to your personal taste.
5. Stir in cooked pasta.
6. Gently fold broken pieces of halibut into pasta. Cover and remove from heat.

### Creamy Dill Dressing and Green Salad

1. Place all Creamy Dill dressing ingredients in a food processor and blend until smooth.
2. Assemble salads on individual plates and serve on the side.
3. Divide Pasta/Halibut between plates or large flat bowls.
4. Garnish with Parmesan cheese.

### What I've Learned from this Recipe

I often plan ahead and cook extra items for recipes that will appear later in the week ( i.e. extra fish, Italian sausage, etc.) It's a great way to simplify future meal preparation. It's fun when half your meal is already cooked before you start.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)