

Pasta with Halibut

Enjoy a fantastical pasta with flavorful fresh fish from the fridge. This is an excellent meal for a relaxing Friday feast.

Tonight you'll use leftovers to create a classic Italian-style pasta with fish. It's easy to assemble when you have cooked fish. If you don't have cooked halibut leftovers, place 6 oz. of halibut in the oven in an oiled baking dish, drizzle with lemon juice and bake 15 minutes as you begin preparing the meal.

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep ingredients in all boxes and get recipe items organized on small plates or in bowls. Today you'll prep 2 cloves garlic: 1 chopped for the pasta and 1 peeled for the dressing. You'll also prep a total of 1 C. of onion: 3/4 C. sliced in the Pasta and 1/4 C. chopped in the dressing.

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. Red 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
3/4 C. plain, nonfat yogurt

Green Side Salad

4 leaves leaf lettuce (washed and dried)
2/3 C. cucumber (peeled and chopped)
1/2 C. red bell pepper (sliced)
2 T. green onions (sliced into rounds)
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 are the most important of the leftovers. 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.

Dressing, Side Salad

Place all Creamy Dill dressing ingredients in a food processor and blend until smooth.

Assemble salads on individual plates and serve on the side.

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 Red Sauce. Bring to a boil. Remove from heat. Add chopped sausage and capers. Stir gently.
4. Add Tabasco or cayenne pepper to your personal taste.
5. Stir in cooked pasta.
6. Gently fold broken pieces of cooked halibut into pasta. Cover and remove from heat.

Plate Meal

Divide Pasta and Halibut between plates or large, flat bowls.

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 or Italian sausage). 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