



## CHEF JOE BROWN, MELANGE CAFE

www.melangerestaurants.com

### SEARED HALIBUT

#### Ingredients:

1	filet of halibut
2 oz	vegetable oil
	salt and pepper to taste
1	onion, sliced
1 cup	cherry tomatoes halved
1 cup	pre-cooked potatoes in pieces
1 tsp	garlic
½ cup	white wine
½	lemon
3 hands full	cleaned arugula or spinach
1 Tbsp	stock

### Nutrition Facts

Serving Size 68 g

#### Amount Per Serving

Calories 51

Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0.0g	0%
<b>Saturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 27mg	1%
<b>Total Carbohydrates</b> 2.1g	1%
<b>Sugars</b> 0.5g	
<b>Protein</b> 0.1g	

Vitamin A 0%

Calcium 1%

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Vitamin C 1%

Iron 1%

\* Based on a 2000 calorie diet

#### Directions:

Heat vegetable oil in a frying pan, add filet of halibut seasoned with salt and pepper. Let fish sear on each side without moving it in the pan.

Add onion, cherry tomatoes, potatoes, garlic, white wine, lemon squeezed, arugula or spinach, pinch of salt, stock. Simmer a little and bring pan to a heated oven for 10-12 minutes.

**Serves 2**

**For more information please visit:**

[WHYY.org/widerhorizons/chefsguide.html](http://WHYY.org/widerhorizons/chefsguide.html)