

Seared Halibut with Fettuccine & Italian Salsa Verde

This lovely dinner combines comforting pasta with gourmet flavors. Mild and flaky halibut fillets are pan-seared to perfection. They're paired with fresh fettuccine, fennel, cherry tomatoes, and a delicious Italian salsa verde. A bright lemon garlic herb butter adds the final burst of flavor to this elegant meal.

Ingredients

- Alaskan halibut fillets **F**
- Italian salsa verde **F**
- Fettuccine pasta **E W**
- Fennel
- Toybox cherry tomatoes
- Lemon garlic herb butter **M**
- Fish stock concentrate **F**
- Lemon
- Capers

Allergens

E Eggs **F** Fish **M** Milk **W** Wheat

Supplies to Gather

- Nonstick saute pan with a lid (12 inches)
- Pasta pot (4 quarts)
- Kitchen knife & cutting board
- Pasta strainer
- Small bowl
- Plate
- Spatula
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil
- Olive oil

Did You Know?

Capers are actually the edible flower buds of the caper bush and are either salted or brined for culinary use. The briny and tangy capers pair well with the flavors of lemon and garlic.



830

Calories
Per Serving



Hall of
Fame



Not Spicy

1 Let's Get Started!



Boil a pot of water

Season with a large pinch of salt



Rinse your fresh produce

Gently pat dry



Chef's Tip!

PERFECT YOUR PASTA GAME

Salt Generously: Salting the water is your only opportunity to season the pasta itself. The water needs to "taste like the sea" in order to flavor the pasta. We recommend using sea salt.

Stir Occasionally: As soon as you drop your pasta into the pot of boiling water, stir it. Stirring prevents the pasta from sticking together, or to the bottom or sides of the pot. Be sure to also occasionally stir during the cooking process.



Step 2

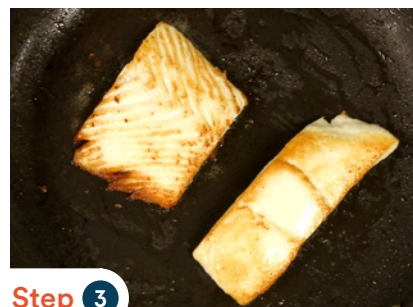
- Trim the top and bottom from the **fennel bulb**. Thinly slice the bulb crosswise into strips.
- Slice the **toybox cherry tomatoes** in half.
- Cut the **lemon** into wedges and discard any seeds.
- Combine the **fish stock concentrate** with $\frac{1}{2}$ **cup of warm water** in a small bowl and stir until dissolved.



Step 5

- Meanwhile, use your hands to gently separate the **fettuccine pasta**. Add the pasta to the pot of boiling water. **Carefully** place the pouch of **Italian salsa verde** into the boiling water briefly to reheat, and remove the pouch before straining the pasta.
- Cook the pasta for 2-3 min, or until cooked to your desired doneness. **Turn off the heat**, then strain the pasta. Drizzle a small amount of olive oil onto the pasta and set aside.
- Stir the **fish stock** into the saute pan with the vegetables. Set the heat to **medium** and bring to a simmer. Add the **capers** and the **lemon garlic herb butter**. **Turn off the heat**.

Please Note: When adding ingredients to a hot pan always be careful of any oil splatter. Cooking times may vary due to different appliances and temperatures.



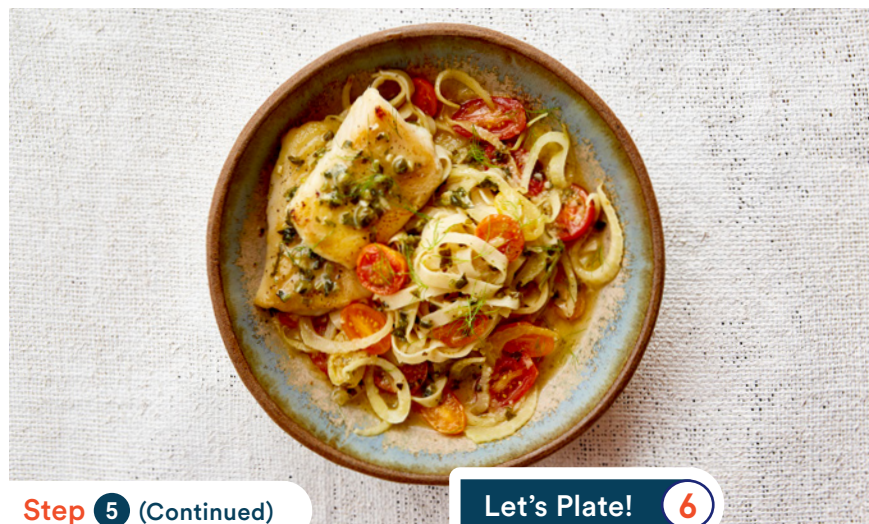
Step 3

- Place the **Alaskan halibut fillets** onto paper towels and thoroughly pat dry. Season both sides with salt and pepper.
- Place a large nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the Alaskan halibut fillets into the pan and cook for 3 min.
- Gently turn over the fillets and cook for 2-3 additional min, or until thoroughly cooked. **Turn off the heat** and set aside on a plate.



Step 4

- Return the saute pan to the stovetop and add 2 tbsp. of cooking oil. When the oil is hot, **carefully** add the **fennel** and **toybox cherry tomatoes**. Season with salt and pepper. Cover the pan with a lid and cook for 4-6 min, or until the fennel is tender and the tomatoes are slightly cooked down. **Turn off the heat**.



Step 5 (Continued)

- Gently stir until the butter has melted into the sauce. Return the **Alaskan halibut fillets** to the pan and baste with the pan sauce to warm through.

Let's Plate! 6

Use tongs to twist the fettuccine pasta into nests in your serving bowls. Gently place the halibut fillets on top of the pasta, then generously spoon the pan sauce over the fish and pasta. Drizzle the Italian salsa verde over the dish, and squeeze in some lemon juice as desired.