



## YOUR HOME BISTRO

*Personal Chef Service*

**Chef Pam Smith**

[www.yourhomebistro.com](http://www.yourhomebistro.com)

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### **Halibut with Summer Vegetable Sauce**

*Adapted from Bon Appétit, August 1998*

*4 Servings*

2 tablespoons	olive oil
2 ½ cups	red onions, coarsely chopped
1 ½ pounds	plum tomatoes, cut into 1 inch pieces
1 cup	fresh corn kernels (can use frozen)
2 tablespoons	lime juice
6 ounces	zucchini, cut into ½ inch pieces
½ cup	fresh basil, thinly sliced
3 tablespoons	flat leaf parsley, chopped
1 tablespoon	fresh thyme
	salt and pepper to taste
2 tablespoons	Parmesan cheese, freshly grated
4 6-ounce	Halibut fillets

#### **Directions:**

1. Heat oil in a large skillet over medium heat.
2. Add onion and sauté 5 minutes.
3. Add tomatoes, corn, and lime juice, and sauté 3 minutes, scraping the brown bits from the pan.
4. Add zucchini, basil, parsley, thyme, salt, and pepper. Stir to combine and remove from heat. Allow the vegetables to cool to room temperature.
5. Wash halibut and pat dry with paper towels. Place the fish in a freezer container and season with salt and pepper. If using frozen fish, place frozen filets into pan without thawing.
6. Pour cooled vegetable sauce over fish. Top with Parmesan cheese. Package and freeze.

#### **Baking Instructions:**

Thaw overnight in the refrigerator. Bake, uncovered, in a 400 degree oven for 15 minutes or until the fish flakes easily.

**Variations:**

**Halibut with Spicy Mexican Summer Vegetable Sauce**

Eliminate the basil, thyme and Parmesan cheese.

Add one minced chipotle pepper in adobados with the tomatoes. Substitute three tablespoons chopped cilantro for the flat leaf parsley.

**Halibut with Dilled Summer Vegetable Sauce**

Eliminate the basil, thyme and Parmesan cheese.

Substitute lemon juice for lime juice and add two tablespoons fresh dill with the zucchini.