

Pan Seared Halibut with Warm Marinated Heirloom Tomatoes & Baby Squash Salad



Ingredients

4 - 4 oz fillets of fresh firm fleshed fish such as halibut, tuna, salmon, tilapia, swordfish or cod
1 1/2 cups assorted heirloom tomatoes cut into 1" pieces
1 cup assorted baby squash cut into 1" pieces
3 tablespoons fresh coarsely chopped flat leaf parsley
1 small shallot thinly sliced
2 tablespoons Neapolitan Herb Balsamic Vinegar
2 + 1 tablespoons Ultra Premium extra virgin olive oil
sea salt and fresh ground pepper to taste
Pasta, rice, risotto, quinoa, kamut or bulgur, to serve fillet over

Directions

Place a heavy sauté or grill pan over medium heat. Add 1 tablespoon of olive oil to the hot pan along with the sliced shallot and squash. Sauté for two minutes until the squash is just slightly caramelized on the edges but still nicely firm to the bite. Remove to a bowl and add the tomatoes, Neapolitan Herb balsamic, an additional tablespoon of olive oil, and the chopped parsley - set aside.

Rub the fillets with 1 tablespoon of olive oil and season evenly with salt and pepper. To the same pan, add the fillets and sear until just cooked through.

Place a warm fillet on a plate and ladle a scoop of the tomato-squash salad along with any juices over the fillet and serve. Each fillet can also be placed over pasta, rice, risotto, quinoa, kamut or bulgur and then topped with the warm tomato-squash salad.

Serves 4

Recipe Credits to our Importer (Veronica Foods)