

PAN-SEARED BC HALIBUT, ROASTED VEGETABLE RATATOUILLE, WHITE BEAN PURÉE, LEMON AND CHIVE VINAIGRETTE WITH MICRO GREENS



INGREDIENTS

For the BC Halibut

3 tbsp	Canola Oil	45 ml
6 – 6 oz	BC Halibut Fillets	6 – 170 g
Pinch	Salt and Pepper	Pinch



DIRECTIONS

1. Preheat oven to 400 F.
2. Pat dry BC Halibut fillets. Season with salt and pepper.
3. Heat oil in a non-stick pan.
4. Carefully lay the halibut in the pan.
5. Sear until golden brown.
6. Remove from the pan and place on a parchment-lined tray.
7. Bake for 6-8 minutes or until done.

INGREDIENTS

For the Roasted Vegetable Ratatouille

½ cup	Olive Oil	125 ml
1 medium	BC Onion, diced small	1 medium
2 cloves	BC Garlic, minced	2 cloves
1 medium	BC Eggplant, diced small	1 medium
1 medium	BC Zucchini, diced small	1 medium
5	BC Tomatoes, diced small	5
2	BC Bell peppers, diced small	2

½ package	BC Grape Tomatoes, halved	½ package
Pinch	Salt and pepper	Pinch
6 leaves	BC Basil, chiffonade	6 leaves

DIRECTIONS

1. Preheat oven to 400 F.
2. Place BC Eggplant and BC Zucchini on a parchment-lined tray.
3. Toss eggplant and zucchini with 3 tbsp of olive oil and season with salt and pepper.
4. Roast in the oven for 15-20 minutes.
5. Meanwhile, heat remaining olive oil in a large pot over medium-high heat.
6. Add BC Onions, Garlic, and Peppers and sauté until vegetables are soft.
7. Add roasted vegetables and diced tomatoes. Stir to combine.
8. Bring to a boil and reduce to simmer.
9. Continue to simmer for 15 minutes, stirring frequently.
10. Add BC Grape Tomatoes and simmer for 5 minutes more.
11. Remove from heat, add fresh BC Basil, and season with salt and pepper.

INGREDIENTS

For the White Bean Purée

1 lb	White Navy Beans, soaked overnight	450 g
¼ cup	Olive Oil	60 ml
1 large	BC Onion, diced small	1 large
2 cloves	BC Garlic, minced	2 cloves
3 sprigs	Fresh BC Thyme	3 sprigs
¼- ½ cup	Chicken Stock (or Vegetable Stock)	60 ml-125 ml
Pinch	Salt and Pepper	Pinch

DIRECTIONS

1. Place soaked beans in a large pot and cover with cold water.
2. Bring to a boil and reduce heat to simmer. Cook for 20–30 minutes or until beans are overcooked and very soft.
3. Meanwhile, in a small pot, add olive oil, BC Onion, Garlic, and Thyme and a pinch of salt and pepper.
4. Place the pot over low heat and begin to gently sauté until onions are soft. (Do not brown)

5. Drain the mushy beans and place them into a blender.
6. Add the onion mixture and start to blend.
7. Add stock until desired consistency is met.
8. Season with salt and pepper.



Yields:
½ cup

INGREDIENTS

For the Lemon and Chive Vinaigrette

¼ cup	BC Chives, minced	60 ml
Juice of	1 Lemon	Juice of
⅓ cup	Canola Oil (or other neutral flavoured oil)	80 ml
Pinch	Salt and pepper	Pinch

DIRECTIONS

1. Place BC Chives, lemon juice, and oil into a blender and blend until smooth.
2. Season with salt and pepper.
3. Strain into a bowl or squeeze bottle.

TO ASSEMBLE

1. Place ½ cup of the white bean purée in the bottom of a bowl or the centre of a plate.
2. Use the tip of the spoon to make a well in the middle.
3. Place ¼ cup of the ratatouille in the centre of the puree.
4. Place a BC Halibut fillet on top.
5. Top with 1-2 tsp (15-30 ml) of the vinaigrette.
6. Garnish with any BC Micro Green.
7. Serve immediately.