

# BAKED HALIBUT WITH BRUSSEL SPROUTS AND QUINOA

Preparation: 15 minutes | Cooking: 15 minutes | Servings: 4

## INGREDIENTS

*1 pound Brussels sprouts, trimmed and sliced*  
*1 pound halibut fillet, cut into 4 portions*  
*2 cups cooked quinoa*  
*¼ cup chopped Kalamata olives*  
*¼ cup chopped sun-dried tomatoes*  
*3 tablespoons lemon juice*  
*2 tablespoons unsalted butter, melted*  
*2 tablespoons chopped fresh Italian parsley*  
*1 tablespoon + 1 teaspoon EVOO*  
*½ teaspoon salt*  
*½ teaspoon ground pepper*  
*4 cloves of garlic*  
*1 fennel bulb, trimmed and cut into strips*



## INSTRUCTIONS

Start by positioning racks in the upper and lower thirds of the oven. Pre-heat your oven to 400 degrees Fahrenheit. In a large bowl, combine the Brussels sprouts, fennel, 1 tablespoon of oil, ¼ teaspoon of salt, and ¼ teaspoon of pepper; toss to coat. Spread the mixture in a single layer on a large, rimmed baking sheet. Bake, stirring occasionally, until tender, 20 to 25 minutes. In the meantime, place the halibut on another large, rimmed baking sheet and top with half of the garlic and the remaining ¼ teaspoon of both salt and pepper. Combine lemon juice and unsalted butter together in a small bowl. Drizzle or brush half the mixture over the fish. Bake until the fish is opaque and flakes easily with a fork, 12 to 15 minutes. Meanwhile, combine the quinoa, remaining 1 teaspoon of oil, sun-dried tomatoes, olives and parsley in a medium bowl. Add your remaining garlic to the lemon-butter mixture. Pour the mixture over the vegetables and bake for 1 minute more. Serve the halibut and vegetables alongside the quinoa mixture and enjoy!