

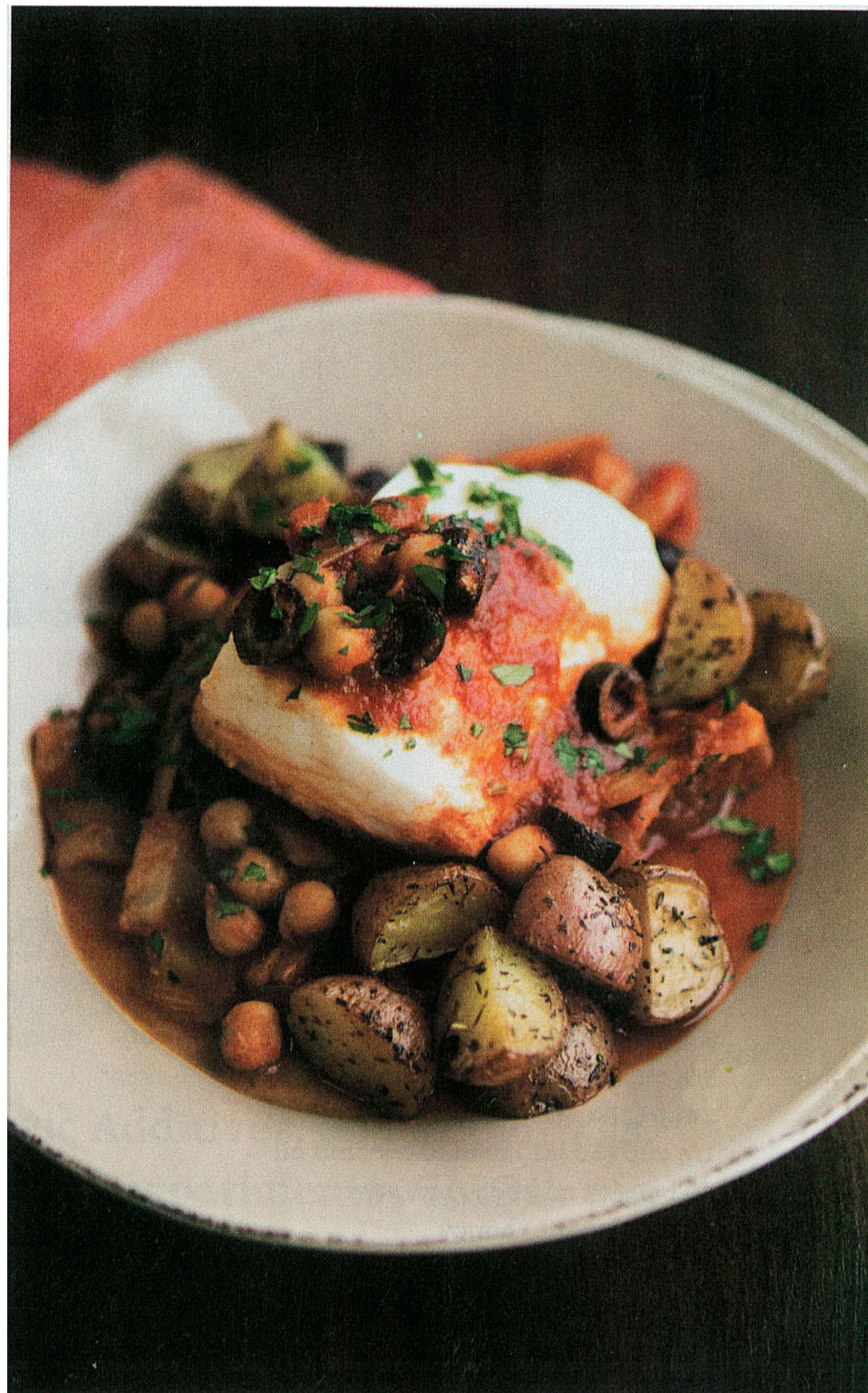
Tomato Poached Halibut with Roasted Potatoes

Sustainable Pacific halibut is gently cooked in a sophisticated red sauce that makes this dish a great catch with restaurant-worthy appeal. And who doesn't love a side of herbalicious roasted potatoes? When shopping for a jarred marinara sauce, look for one without added sugar and that is lower in sodium.

2 Tbsp (30 mL) grapeseed oil or sunflower oil, divided
1 1/4 lb (680 g) small red potatoes, quartered
1 Tbsp (15 mL) Italian seasoning
1/2 tsp (2 mL) salt, divided
1/2 tsp (2 mL) black pepper, divided
1 small fennel bulb, thinly sliced
2 garlic cloves, chopped
1 tsp (5 mL) fennel seeds
1/2 tsp (2 mL) cumin seeds
1/4 tsp (1 mL) red chili flakes
1/2 cup (125 mL) dry red wine
2 cups (500 mL) sugar-free marinara sauce
1 lb (450 g) skinless Pacific halibut fillets
1 cup (250 mL) cooked or canned chickpeas
1/3 cup (80 mL) pitted black olives, sliced
1/4 cup (60 mL) flat-leaf parsley
Lemon wedges

Preheat oven to 400 F (200 C). Toss potatoes with 1 Tbsp (15 mL) oil, Italian seasoning, 1/4 tsp (1 mL) salt, and 1/4 tsp (1 mL) black pepper. Place potatoes on rimmed baking sheet and roast for 30 minutes, stirring a couple of times, or until tender.

Meanwhile, heat remaining oil in large skillet over medium-low heat. Add sliced fennel, season with remaining salt and pepper, and cook until very soft, stirring regularly, about 12 minutes. Add garlic, fennel seeds, cumin seeds, and red chili flakes; cook for 1 minute. Add red wine, raise heat to medium, and simmer for 3 minutes. Add marinara sauce and simmer for another 3 minutes. Place halibut, chickpeas, and olives in sauce. Cover skillet, reduce heat to medium-low,



and cook until fish is opaque throughout, flipping once, about 13 minutes.

Divide sauce and fish among shallow serving bowls. Garnish with parsley and serve with lemon wedges. Serve alongside roasted potatoes.

Serves 4.

Each serving contains: 462 calories; 33 g protein; 12 g total fat (1 g sat. fat, 0 g trans fat); 51 g total carbohydrates (10 g sugars, 8 g fibre); 509 mg sodium >>