

Roasted Halibut with Squash Broth and Lentils
(serves 4)

4 tsp. olive oil
2 cups dry black lentils (green as an alternative)
2 cloves of garlic (peeled)
1/2 cup diced onion
1/2 cup diced carrot
8 leaves kale
1 shallot minced
1/4 cup carrots chopped
1 cup butternut squash peeled and chopped
1 T chopped fresh thyme
1 1/2 c chicken stock
4 5 oz. halibut filets
1/2 lemon
S and P to taste

1. Rinse lentils in cold water and pour into small pot covered with water, cloves of garlic and 3 T salt. Simmer lentils until tender with a slight crunch. Strain and save lentils and garlic. (Note: You may have to replenish water as it reduces during cook time.)
2. Heat sauce pot over medium and sweat shallots in 2 tsp. olive oil. Add squash and carrot and continue to cook for 8 minutes. Pour chicken stock into pan and simmer until tender (approximately 13-15 minutes).
3. Pour ingredients with fresh thyme into blender and puree until smooth and set aside. (Note: additional stock or water may be needed to puree smooth).
4. In sauté pan over medium heat add 1 tsp. olive oil, diced onion and carrot and cook 5 minutes. Tear kale leaves and stir them into the onion/carrot mixture. Add strained lentils, crush the garlic cloves and toss, TASTE.
5. Over high heat in a different sauté pan add 1 tsp. olive oil, season halibut with salt and pepper and sauté for 4-5 minutes per side. Remove the fish from pan and squeeze fresh lemon juice on top.
6. To serve, spoon lentil mixture in base of bowl, top with fish and pour warmed broth over the fish.