

MEDITERRANEAN HALIBUT CHEEKS

SERVES: 2

PREP TIME: 10 MIN + 1HR TO
MARINATE

COOK TIME: 40 MIN

INGREDIENTS

- 1lb of halibut cheeks, thawed
- 1 container of grape tomatoes, halved
- 1 can medium pitted black olives, drained
- 1 medium red onion, diced
- ½ cup tricolour quinoa
- 2 tbsp feta cheese, crumbled
- Marinade: ¼ cup olive oil, 2 tbsp fresh parsley, 1 tsp minced garlic, 2 tsp lemon pepper, salt to preference
- Quinoa dressing: 1tbsp olive oil, 1 tsp dried oregano, 1 tsp minced garlic, 1 tsp lemon pepper, 1 tbsp feta cheese

DIRECTIONS

1. Combine your marinade and coat halibut cheeks, saving some for your veggies, and let marinate in the fridge for at least an hour.
2. Toss tomatoes, olives and red onion in the rest of the marinade and roast in a 400°F oven for 30 minutes.
3. While veggies are roasting, cook quinoa as per package instructions. Make up your dressing in a small bowl and add warmed quinoa once done.
4. On the stove get a dry nonstick pan warmed to medium-high. Without crowding the pan, place your halibut cheeks into the pan and cook for 3 minutes, flip, cook for 2 minutes and then remove from heat.
5. To plate: Add quinoa and veggies to the center of the plate, and top with feta cheese. Top with your halibut cheeks, and then garnish with a drizzle of olive oil and a sprinkle of parsley.



This recipe was created by Chef Jessi, Kelowna store manager, 2023.

