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Grilled Halibut With Minted Peas and Freekeh

Prep time: 5 min. Cook time: 30 min.

Serving size: 1 halibut filet

Recipe yields 1 serving

Ingredients

8-oz. halibut filet

6 oz. peas

2 tbsp chopped mint

Salt to taste

3/4 cup freekeh

1 tbsp chopped shallot

2 tsp garam masala

2 cups water

Directions

1. Preheat oven to 400 degrees F
2. In a saucepan on low heat, sweat the shallot with the garam masala. Add the freekeh and water and cook until the liquid is absorbed, about 15 minutes. Cover, remove from heat, and let sit for 5-10 minutes.
2. While freekeh is cooking, season the halibut with salt as you heat an oven-proof pan on high heat. Gently place the halibut in preheated pan with a little bit of oil. Let the fish sear on high for 3-4 minutes, then move the pan to the oven.
3. Finish halibut in oven for another 4-5 minutes.
4. In a shallow pan of water, add the peas and cook 2-3 minutes. Finish with chopped mint and salt to taste.
5. Serve the peas over the freekeh, and top with seared halibut.