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MetaBurn90 Day 5, Meal 3

Halibut with Sweet Potato Puree and Chimichurri

Chimichurri is an uncooked sauce made by pureeing garlic, olive oil, oregano, and parsley. The fresh flavors of this South American sauce pair well with the flaky, light halibut and the earthy sweetness of sweet potato. Seasoned simply with salt and a dash of lemon, this surprisingly simple dish is low in carbs and fat, high in protein, and a delicious meal you can enjoy again and again.

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

Serving size: 4 oz.

Recipe yields 1 serving

Ingredients

1 sweet potato, peeled and diced
1/4 cup nonfat Greek yogurt
1 tsp cayenne pepper
3 tbsp chopped parsley
1 tbsp chopped oregano
3 cloves garlic, finely chopped
2 tsp crushed red pepper
2 tbsp olive oil
4 oz. halibut
Salt to taste
Lemon juice to taste

Directions

1. In a pot of lightly salted boiling water, cook diced sweet potato until very tender, about 15-20 minutes. Drain well, then mash in a mixing bowl with the yogurt and cayenne pepper. Season to taste with salt and set aside.
2. In a separate bowl, combine parsley, oregano, garlic, crushed red pepper, and olive oil to make the chimichurri. Mix well and season with salt. Add a squeeze of lemon juice.
3. Preheat oven to 400 degrees F.

4. Season the halibut well with salt. Heat an ovenproof nonstick pan on high with a dash of olive oil. Once the pan is very hot, carefully add the halibut. Sear for about a minute, then lower the heat to medium and let the fish sear for another 3-4 minutes.
5. Transfer halibut to oven to finish cooking for 3-5 minutes depending on thickness. Once the fish is cooked through, gently flip it over to reveal the seared side that should be golden brown.
6. Serve on top of the sweet potato puree with a drizzle of chimichurri.