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Seared Halibut With Sweet Potato Gratin

Halibut is a high-protein source of B vitamins and omega-3 fatty acids, while the sweet potatoes are high in both fiber and minerals. Paired together, these two ingredients make for a simple yet highly-nutritious meal bursting with sweet and spicy flavor. Served on a bed of fresh, wilted spinach, this low-fat, elegant dish breaks up the monotony of clean eating without derailing your results.

Prep time: 20 min. Cook time: 45 min.

Ingredients

2 halibut filets, about 4 oz. each
2 sweet potatoes, peeled and thinly sliced
2 serrano chilis
2 tbsp grade B maple syrup
2 tbsp olive oil
4 cups of spinach
Olive oil
Salt and pepper to taste
Lemon wedges

Directions

1. Preheat oven to 400 degrees F.
2. Remove the seeds from the serrano chili, and slice thinly. Toss chili and sweet potato slices together in a bowl.
3. In a separate bowl, whisk together the maple syrup and olive oil.
4. Lay the sweet potato and chili slices out in an 8x8 baking dish. Sprinkle with salt, and pour the maple syrup mixture over to coat.
5. Cover and bake for about 20 minutes, then uncover to finish for about 10-15 minutes, until the sweet potatoes are tender, and the tops have browned nicely.
6. While the sweet potatoes cook, heat a little bit of oil in a cast iron skillet. Season your Halibut well with salt, and carefully place the fish in the pan. Let the fish sear hard in the pan, but watch that it isn't burning.
7. Once you see a nice browning around the edge of the fish, place the skillet in the 400-degree oven for about 5 minutes to finish. Do not turn the fish yet.

8. Heat another large pan and gently wilt the spinach with a splash of water and a squeeze of lemon juice. Season with salt and pepper to taste.

9. Lay the wilted greens and sweet potato gratin on a plate. Gently remove the Halibut from the skillet and turn over to expose the beautiful sear. Garnish with lemon wedges and serve.

Serving size 1 filet

Recipe yields 2 servings