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### **Zesty Orange Halibut**

**Ingredients:**

1 small head bok choy, sliced into large pieces  
1 red pepper, cut into strips  
1 large carrot, finely shredded  
1 cup mushrooms, sliced  
12 oz halibut fillets  
Pepper to taste  
3 green onions, finely sliced  
1 tsp orange zest  
1 tbsp sesame seeds  
3 tbsp low sodium soy sauce  
1 1/2 tsp rice vinegar  
1 1/2 tsp sesame oil  
2 tsp grated gingerroot  
1/2 clove garlic

**Directions:**

1. Combine soy sauce, rice vinegar, sesame oil, ginger root, and garlic.
2. In a large parchment bag, combine the vegetables, fish, and sauce.
3. Bake in the oven for 15 minutes at 400 degrees F.
4. Once finished, remove and serve on top of a brown rice pilaf.