



Almond Crusted Halibut over Lemon-Garlic Golden Jewel Blend®

Yield: 24, 4 oz. servings

Lemon-Garlic Golden Jewel Blend®

Ingredients

- 1½ qts. water
- 1 T. kosher salt
- 2 t. ground turmeric
- 2 lbs. InHarvest Golden Jewel Blend
- 4 T. unsalted butter
- 1 c. red bell pepper, ¼" dice
- 1 c. lemon juice
- 1 T. lemon zest
- 6 garlic cloves, minced
- ¼ c. flat leaf parsley, finely chopped

Directions

1. In a medium pot bring water, salt, and turmeric to a boil.
2. Add the Golden Jewel Blend, cover, reduce heat to a simmer and cook for 10 minutes, or until all the liquid is absorbed. Hold hot.
3. In a sauté pan, heat butter over medium heat and add the garlic and red bell peppers. Cook until the garlic is soft but not browned, about 4 minutes.
4. Reduce heat to low and add the lemon juice, zest, and parsley. Cook on low for another 2 minutes, stirring occasionally.
5. Fold the cooked Golden Jewel Blend into the lemon garlic sauce and mix together until combined. Keep warm and set aside.

Almond Crusted Halibut

Ingredients

- 24 halibut filets, 4 oz.
- 4 c. flour
- 8 eggs, beaten
- 1 T. kosher salt
- 2 t. ground black pepper
- 8 c. almonds, finely chopped
- 2 c. vegetable oil

Directions

1. Place the flour, eggs and almonds into three separate bowls and dredge the filets through the flour first, then the eggs, and finally the almonds.
 2. Heat the oil in a sauté pan until hot but not smoking and pan fry each filet for 3 minutes per side.
 3. Remove halibut and place on paper towel to remove excess oil.
- To serve: Scoop ½ c. of InHarvest Golden Jewel Blend onto a plate and place a halibut filet on top. Serve hot.

Nutrition Facts

Per serving: 770 cal., 31 g pro., 41 g carb., 6 g fiber, 54 g fat (7 g sat. fat), 115 mg chol., 600 mg sod., 4 g sugar