



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Halibut in Basil-Mint Coconut Broth

The title of this recipe may suggest that it's complicated to make but nothing could be further from the truth! An elegant and delicious dish loaded with nutritious ingredients. Leeks, carrots, and parsnips, garlic, coconut milk, and fresh herbs all nurture our health, reducing inflammation, increasing good fat for our brains, and shoring up our immune systems.

Ingredients:

1 8 oz halibut filet, skin removed	½ cup coconut milk
1 leek – white and light green parts cleaned and thinly sliced, into half-moons.	¾ cup chicken broth (organic and low sodium)
1 carrot -peeled and cut into match sticks	4 sprigs fresh basil
1 parsnip – peeled and cut into match sticks	4 sprigs fresh mint
2 garlic cloves, minced	

Instructions:

Coat a large skillet with cooking spray and heat over medium heat. Add leek, carrot and parsnip, and season with salt and pepper. Cook vegetables, stirring occasionally, until they begin to soften without turning brown, about 3 minutes. Stir in garlic and cook for one minute longer.

Stir in coconut milk, broth, basil, and mint. Season both sides of halibut with salt and pepper, and gently place halibut in broth. Bring liquid to a simmer, cover skillet leaving a bit of room for steam to escape, and cook fish until opaque in the middle, about 10 minutes.

Using a slotted spatula, gently remove fish to a plate and cover with aluminum foil to keep warm.

Increase heat under the skillet and boil cooking liquid until slightly reduced, about 5 minutes. Taste and make any final adjustments to seasoning with salt and pepper.

To serve, place halibut in a shallow bowl. Top broth and vegetables. Serve garnished with more fresh basil and mint, minced, and lime wedges.

Recipe author unknown.



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