



## Roasted Orange Citrus Halibut with Walnut-Pomegranate Relish

By Recipe Courtesy of Rebecca Katz for the California Walnut Commission

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Any firm, white fish may be substituted for the halibut. In the summer, this is a good dish to prepare on an outdoor grill.

### INGREDIENTS

#### FOR THE HALIBUT AND MARINADE:

- 6 halibut fillets (about 4 ounces each), bones removed
- Sea salt
- 1/2 cup fresh orange juice
- 2 tablespoons fresh lemon juice
- Grated zest of one lemon
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- Pinch of cayenne pepper

#### FOR THE WALNUT POMEGRANATE RELISH:

- 1/2 cup thinly sliced fennel\*
- 1/2 cup coarsely chopped toasted California walnuts
- 1/2 cup pomegranate seeds
- 1/2 cup kalamata olives, pitted and coarsely chopped
- 2 green onions, minced, including white and green parts (about 1/4 cup)
- 1/4 cup chopped fresh mint
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper

\*Note: You will need only a part of a fennel bulb to get the required amount. Use the remaining fennel, thinly sliced, in a salad or soup.

### DIRECTIONS

1. To prepare the halibut and marinade, put the fish in a baking dish or pan just large enough to hold it in one layer (don't use an aluminum container). Season each piece with a pinch of salt. In a small bowl or glass measuring cup, whisk together the orange juice, lemon juice, lemon zest, olive oil, mustard and cayenne. Pour 1/2 cup of the marinade over the halibut, and turn the fish to coat it well. Cover and marinate in the refrigerator for 20 minutes. You will have a little marinade remaining; set it aside for serving.
2. While the fish marinates, make the relish by combining the fennel, walnuts, pomegranate seeds, olives, onions, mint, olive oil, lemon juice, salt and pepper in a bowl. Stir and toss gently to combine, then set aside until ready for serving, tossing occasionally.
3. To cook the halibut, preheat the oven to 400°F and lightly oil an ovenproof pan large enough to accommodate all the fillets without crowding.
4. Remove the fillets from the marinade (discard the used marinade) and pat them dry with paper towels and place in the prepared pan. Bake for 10-12 minutes, until the flesh is opaque and flakes easily. To be certain the fish is cooked through, push a fork straight down in the flesh and take a look; the fish is done when it is no longer translucent. Transfer the fish to a platter or plates and drizzle each piece with a little of the reserved marinade. Top each serving with walnut pomegranate relish.

<b>TOTAL TIME</b>	<b>45 MINS</b>
<b>COOK TIME</b>	<b>30 MINS</b>
<b>ACTIVE TIME</b>	<b>15 MINS</b>
<b>SERVES</b>	<b>6 PEOPLE</b>
<b>MEAL</b>	<b>DINNER, LUNCH</b>



COURSE	ENTREES
<b>NUTRITION</b>	<b>330 CALORIES</b>
FAT	20g
SATURATED FAT	2.5g
MONOUNSATURATED FAT	10g
POLYUNSATURATED FAT	6.5g
CHOLESTEROL	35mg
SODIUM	340mg
CARBOHYDRATES	11g
DIETARY FIBER	2.5g
PROTEIN	26g