

Roasted Halibut with Asparagus Pistachio Moulade & Spaghetti Squash

Serves 4

1 large spaghetti squash
4 6-8oz halibut fillets (other thick whitefishes can be substituted such as cod)
Extra virgin olive oil spray
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Fresh lemon juice
¼ cup of good quality white wine
1/8 cup of canned tomato juice
¼ cup of chopped shallots
1/4 cup of roasted fresh garlic
2 tsp freshly minced garlic
1 medium sized very ripe tomato
4 sprigs of freshly chopped basil
1 tsp of fresh chopped chives
1 tsp of fresh chopped parsley
1 tsp of fresh chopped thyme
½ cup of coarsely chopped pistachio nuts
½ tsp pepper
1 tsp salt
2 cups fresh chopped asparagus
1 red, 1 yellow and 1 orange pepper

Cut in half the spaghetti squash and place in aluminum pan and bake uncovered at 400 degrees for 30 minutes.

Cut peppers into ½ long strands (remove all seeds), spray olive oil and freshly minced garlic over the peppers and place in aluminum wrap and bake for 20 minutes at 400 degrees.

Place 4 halibut fillets in a lightly sprayed olive oil pan. Squeeze fresh lemon juice over the fish. Add ¼ cup of good quality white wine and 1/8 cup of tomato juice onto the fish. Cover and set in the fridge.

Combine ¼ cup shallots, 1/4 cup roasted garlic and finely chopped medium-sized very ripe tomato into a bowl. Add 4 sprigs of freshly chopped basil, 1 tsp of chopped chives, 1 tsp of fresh parsley, 1 tsp of fresh thyme, salt and pepper to the bowl.

In a separate bowl, combine ½ cup of coarse pistachios and 2 cups of chopped asparagus. Blend into a paste with 1/8 cup of olive oil.

Combine the shallot mixture with the thickened asparagus paste and place on top of the fish. Very lightly spray olive oil over fish and cover tightly with aluminum wrap. Place in the oven and bake at 350 degrees for 20 minutes.

Plate the spaghetti squash with spaghetti shaped strands in the center of the plate. Serve the warm fish over squash. Decorate with roasted three colored peppers.
Enjoy!