

MEDITERRANEAN-STYLE GRILLED HALIBUT AND VEGETABLES

Yield: 4 servings (1 filet, 1 ¼ cup vegetables)



TOTAL TIME: 35 minutes

YOU WILL NEED: 1 EZ Foil All-Purpose Pan (13 ¼ x 9 ⅝ x 2 ¾-inch), heavy-duty aluminum foil

INGREDIENTS

- 1 fennel bulb (about 1 lb.), cut in half, then in ¼-inch slices
- 1 small sweet orange or yellow pepper, sliced
- 1 pkg. (8 oz.) Food You Feel Good About Cleaned and Cut Leeks
- ½ cup pitted kalamata olives
- Salt and pepper to taste
- 4 Tbsp. Wegmans Basting Oil, divided
- 4 (6 oz.) skinless halibut fillets
- ¼ tsp. lemon pepper seasoning
- 2 containers (4 oz. each) Wegmans Bouillabaisse Seafood Sauce (Prepared Foods), warmed

PREPARATION

Preheat grill on high for 10 min.

1. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Combine fennel, pepper, leeks and olives in mixing bowl. Season to taste with salt and pepper; toss with 3 Tbsp. basting oil.
3. Sprinkle fish with lemon pepper seasoning. Drizzle with remaining 1 Tbsp. basting oil. Sear on grill to mark on 1 side only, about 2 min. (do not fully cook).
4. Place vegetables in foil pan; top with fish. Cover pan tightly with large piece of foil, sealing well. Reduce heat to medium. Place pan on grill; close lid. Cook about 15 min., until fish reaches 130 degrees internal temp. To check, carefully cut a small "X" in top of foil cover and insert thermometer through slit into fish. When fish is done, remove pan from grill. Use oven mitts to carefully remove foil cover; avoid steam. Let rest at least 2 min. Transfer to clean serving platter; serve with vegetables and sauce.

NUTRITION

Per serving: Calories: 410; Fat: 19 g; Cholesterol: 55 mg; Carbohydrates: 23 g; Protein: 39 g; Fiber: 5 g; Sodium: 530 mg.

Recipe courtesy of Wegmans