



HERB CRUSTED HALIBUT WITH CREAMED KALE AND ROASTED CAULIFLOWER

For 4 people • Preparation time 25 MIN • Cooking time 45 MIN

INGREDIENTS

- 4 Halibut fillets, skin on
- 1 bunch of Kale
- 1 cauliflower
- 1 bunch parsley
- 5 sprigs thyme
- 1 sprig rosemary
- 1/3 cup panko breadcrumbs
- 1/2 garlic clove
- 2tbs olive oil
- 1 cup 15% cream
- 2 tbsp butter

METHOD

1. Preheat your oven to 350 degrees, put a large pot, halfway filled with salted water on the stove on high heat, prepare an ice bath in a large bowl and remove your fish from the fridge and place on the counter.
2. Cut the cauliflower into large florets, spread onto a baking tray, season with salt, pepper and a drizzle of olive oil. Set aside.
3. In a food processor, add in the parsley leaves, thyme, rosemary and garlic. Pulse until finely chopped. If the mixture is not fully broken down, add a little drizzle of olive oil to help the process. Once all the parsley leaves are nicely chopped, add in the panko breadcrumbs and pulse until incorporated. Add 1/2 tablespoon of olive oil to bind the mixture. Set aside.
4. Remove the kale stalks. In order to do this, grab the kale leaves in your left hand, so the stalk is facing upwards. Place your left hand on the stalk and pull up. The large majority of the woody stalk should have come off. If you still see noticeable pieces of stalk, repeat until you are left with just the leaves.
5. With your hands, tear the Kale until all the big leaves are broken down
6. Blanch the kale in the boiling water for about 2 minutes
7. Place the kale into the ice bath to stop the cooking and strain. Set aside.
8. Place the cauliflower in the oven to roast for 30 minutes.
9. Grab the Halibut fillets and lightly score the skin and season the skin.
10. Place 2 tbsp of olive oil in a pan. Once the pan is hot, place the Halibut fillets, skin down.
11. Place the fish skin-side down on a baking sheet, season the Halibut with salt and pepper and gently press the herb crust onto the fish.
12. Pop the baking tray into the oven for 20 minutes.
13. In a pan, place 2 tbsp of butter. Once the butter is frothy and bubbly, place the blanched kale and toss. Season with salt and pepper; let the butter mix into the kale for about 2 minutes. Add a cup of cream and let simmer. Mix the kale regularly until the kale has absorbed the cream, should be around 8- 10 minutes on medium heat.



14. Remove the fish and cauliflower from the oven and plate.