



Fried halibut with wild broccoli

Soft halibut in combination with wild, spicy broccoli – a special treat on the plate. Try it now!

Zutaten

2 Portionen

20 ml Byodo Roast Olive Mediterranean
2 Piece Organic halibut fillets
Byodo organic sea salt
Pepper
1 TL Shallots, diced & blanched
1 TL Tomato pulp, diced & blanched
150 g Broccoli, wild
1 Garlic clove
20 ml Byodo extra virgin olive oil, from Italy
1 Splash Byodo Raspberry Balsam
Dukkah spice mix

Zubereitung

Heat the frying oil in a non-stick frying pan. Season the halibut fillets with salt and pepper, coat both sides of the fish in the pan with the oil and fry. In the meantime, dice the shallots and tomatoes. Keep moving the fish gently.

Wash and chop the broccoli, add to the pan with the fish and fry. When the fish is brown on one side, turn it over. Season the broccoli with salt, taking care not to over-salt the fish. When the broccoli

turns a lighter shade of green, add the diced shallots to the pan. Season everything again with pepper. Then add the diced tomatoes. Sweat a whole clove of garlic to taste and remove before serving.

Reduce the heat and then drizzle olive oil into the pan. Continue cooking on a low heat and use the raspberry balsamic to deglaze. Mix everything again.

When the fish is cooked, place in the middle of the plate and garnish with the vegetables. Garnish with a little olive oil. If you like, you can sprinkle some dukkah spice on top.