



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHORIZO-CRUSTED HALIBUT

Time: 20 minutes

Serves: 4

Ingredients:

4 ounces dry or semi-dry chorizo
4 4-ounce halibut filets
1 egg yolk
2 teaspoon fresh lemon juice
1 clove garlic - finely chopped or grated
¼ teaspoon kosher salt
¼ cup grapeseed or other neutral-flavoured oil

Preparation:

Preheat oven to 400F. While oven is heating, pulse the chorizo in a food processor until it has a very fine texture.

Place the fish on a lightly-oiled baking sheet, Press the chorizo firmly onto the top of the halibut to make an even coating.

Bake the chorizo for ten minutes or until nearly cooked through, then finish under the broiler to brown the chorizo.

While the fish is cooking, make the mayonnaise by whisking together the egg yolk, lemon juice, garlic and salt, then slowly whisk in the oil to form an emulsi

Plate the halibut drizzled with the mayonnaise and serve immediately.

Nutritional Information Per Serving:

Calories: 357
Fat: 22g
Carbs: 0.7g
Fibre: 0g
Protein: 38g