

BAKED HALIBUT FILLETS WITH STIR-FRIED ASPARAGUS:  
(DOUBLE RECIPE FOR 8)

4 (5 oz) halibut fillets  
juice of ½ orange  
salt & freshly ground black pepper to taste  
2 Tbsp vegetable oil  
1 lb asparagus – stems trimmed  
2tsp chopped fresh ginger  
1 garlic clove minced  
1/3 cup teriyaki sauce mixed with 1 tsp cornstarch  
1tsp hot Asian style chilli sauce (optional)

Preheat oven to 425F

Place halibut in a single layer in a parchment paper-lined baking dish

Drizzle with the orange juice – season with salt & pepper

Bake halibut for 12 to 15 minutes or until the fish is cooked through

While the fish bakes, heat the oil in a large skillet set over medium-high heat

Add the asparagus and stir-fry 2 minutes

Add the ginger and garlic and cook 30 seconds more

Add the teriyaki/cornstarch mixture and chilli sauce – bring to a simmer & simmer one minute

When the fish is cooked – set a fillet on each of 4 plates – spoon an equal amount of the asparagus and its sauce over the fish