

Tarragon-baked halibut with summer vegetables

Halibut is a terrific summer fish, meaty and full of flavour, but with a tendency to dry out when cooking. This makes it perfect prepared “en papillote” – wrapped in foil or baking paper to lock-in moisture and create a steam-cooking effect.

Serves: 2

Nutrition per serving:

392 kcal, 51g protein, 35g carbs, 6g fat, 7g fibre

Ingredients:

- 360g baby new potatoes, washed (skin on)
- 2 large halibut fillets (approx 200g each)
- 1 small bunch fresh tarragon, chopped
- ground black pepper
- 1 garlic clove, chopped (or 1 tsp minced garlic)
- 200g courgette, sliced
- 100ml hot vegetable stock
- 160g cherry tomatoes
- 160g fine beans, trimmed

Method:

1. Preheat the oven to 200°C, gas 6.
2. Put the potatoes in a large pan of boiling water and simmer for 10 mins, until tender.
3. Top each halibut fillet with tarragon and black pepper, then wrap in foil and bake for 12-15 mins.
4. Cook the garlic, courgettes and stock in a large, non-stick pan for 2 mins over a medium heat. Add the tomatoes and beans, cover and steam for 3-4 mins. Serve with the halibut and potatoes, drizzled with the pan juices.

Tip:

- You can use a plastic oven bag in place of foil or baking paper. If you can't get hold of fresh tarragon, top each fillet with 1 tsp dried. One clove of garlic is the equivalent of 1 tsp minced garlic.

