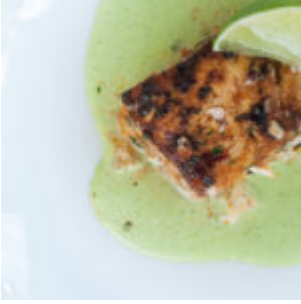


Piri Piri Halibut with Mint Pea Purée



This recipe for Piri Piri Halibut with Mint Pea Purée is from episode 7 of Fish the Dish starring Spencer Watts.

Serves:4

Ingredients

Piri Piri Halibut

- Four 4-6 oz Pieces of halibut
- 1 Tbsp (15 ml) Chopped parsley
- 1 Scotch bonnet chilli, deseeded and finely chopped (keep the seeds in if you want the extra heat)
- 4 Garlic cloves, chopped
- 6 Tbsp (90 ml) Grapeseed oil (or other neutral oil)
- ¼ tsp (1 ml) Salt
- ½ tsp (2.5 ml) Sweet paprika
- Oil (for searing)
- Salt for seasoning
- Lime juice
- Lime wedge (for garnish)

Mint Pea Purée

- 2 Tbsp (30 ml) Olive oil
- 2 Green onions, thinly chopped
- ½ a stick (60 g) Unsalted butter
- 2 cups (500 ml) English peas, shelled (about 12 oz)
- Pinch of salt
- ¼ cup (60 ml) Mint leaves, torn
- 3 Tbsp (45 ml) Plain Greek yogurt
- 100 ml Water or stock (use as much is needed to achieve desired consistency)

Directions

1. Preheat the oven to 400°F/205°C
2. Combine parsley, chillies, garlic, grapeseed oil, salt, and paprika in a plastic bag.
3. Add the halibut, seal the bag, and massage to coat the fish. Place in the refrigerator for 2-4 hours.
4. Use tongs to transfer marinated halibut from the bag to a paper towel-lined plate. Scrape off some of the marinade and chillies from the halibut. Season with salt.
5. Heat oil in a skillet.

6. Place halibut in a hot oiled pan to crust for about 2 min over medium-high heat. Flip the fish and move the pan into the oven for 3-5 minutes until cooked through.
7. Start your pea purée.
8. Heat the oil in the pan. Add onion and soften over medium-high heat.
9. Add the butter and peas. Season with a pinch salt. Cook for 2 minutes or until peas have softened.
10. Transfer the peas and butter to a blender. Add fresh mint and blitz for about 20 seconds. Add yogurt. Blitz again until smooth. Add water or stock as needed to achieve desired consistency.
11. Baste the cooked halibut in its pan juices. Plate on top of the pea puree. Squeeze lime juice over top and garnish with a lime wedge.