

GREEN CURRY HALIBUT ON A BED OF BLANCHED KALE BAKED IN FOIL

GREEN CURRY INGREDIENTS

- 1 C Cilantro leaves (plus some for garnish)
- 1 C Mint leaves (fresh)
- 1/3 C Coconut milk
- 2 T Water
- 1 T Grapeseed oil (divided)
- 2 t Sugar (light brown) **OR** coconut sugar
- 1 Lime (Juice) (save wedges for decorating platter)
- 1 clove Garlic (small)
- 1 Ginger (2-inch piece) (fresh) (peeled) (chopped)
- 1 Serrano pepper (seeded)
- 1/4 t Salt



HALIBUT INGREDIENTS

- 1/4 t Salt
- 1 bunch Kale (bunch) (stemmed) (washed) (torn into bite-size pieces)
- 4 Halibut (fillets) (6oz each) (1/2 inch thick) (skin removed)
- Pinch Salt

DIRECTIONS

- 1 Pre-heat the oven to 350 F
- 2 Combine all ingredients, except the halibut, 1/4 t salt, the pinch of salt, kale & 1 T of the oil, in a food processor
- 3 Pulse until smooth, then transfer to a small bowl
- 4 Place a large piece of foil on your baking sheet
- 5 Blanch the kale for 2-3 minutes & then remove it with a slotted spoon & pat it dry
- 6 Toss the kale with the remaining 1 T oil & the pinch of salt
- 7 Arrange the kale in a single layer in the middle of the foil
- 8 Place the halibut filets on the kale & sprinkle the last 1/4 t of salt on the halibut
- 9 Evenly spread the green curry sauce over each filet
- 10 Place another sheet of foil loosely over the halibut & curry
- 11 Seal the edges of the foil & be careful not to let the foil touch the food
- 12 Bake the foil pack until the fish is just cooked through & the greens are crisp-tender (15-20 min)
- 13 Carefully unseal the foil pack & divide the fish and greens among four plates
- 14 Top with some cilantro & serve with lime wedges

