



**Macadamia Nut Crusted Halibut with Wasabi**

# Mashed Potatoes, Braised Baby Bok Choy, and Soy Orange Butter

SERVES 4

PREP TIME 20

COOK TIME 15

## Ingredients

- 1 cup crushed macadamia nuts
- 3/4 cup panko (Japanese bread crumbs)
- 2 large eggs
- 1 tablespoon water
- 1 tablespoon soy sauce
- 2 cups all-purpose flour
- 4 (6-ounce) halibut fillets\*
- 1 tablespoon seasoning salt
- 2 tablespoons canola oil
- Braised Baby Bok Choy
- Wasabi Mashed Potatoes
- Soy Orange Butter

## Directions

In the work bowl of food processor combine nuts and breadcrumbs. Pulse just until chopped and combined. In a shallow bowl whisk together eggs, water, and soy sauce. Add flour to another shallow bowl. Sprinkle halibut with seasoning salt; pass through flour, then egg mixture then nut mixture. Press nuts to coat each fillet well. Heat oil in a large non-stick skillet over medium heat. Add fillets and cook until golden brown and cooked through, about 4 minutes per side. Serve with Braised Baby Bok Choy, Wasabi Mashed Potatoes, and Soy Orange Butter (recipes below). \*If fillets are more than 1-inch thick finish cooking in a 350°F oven for 7 to 10 minutes until an instant read thermometer reads 145°F or fillet is opaque throughout.

**Braised Baby Bok Choy** Makes 4 servings 1 cup lower sodium chicken broth 3 tablespoons unsalted butter 3/4 pound baby bok choy, trimmed, rinsed, and cut in half lengthwise 1/2 teaspoon sesame oil 1/4 teaspoon freshly ground black pepper In a large skillet over medium-high heat, bring broth and butter to a simmer. Add bok choy in a single layer, cut side down. Cover and simmer until tender, about 5 minutes. Transfer bok choy to a serving dish; keep warm. Boil broth mixture until reduced to 1/4 cup, about 5 minutes. Stir in sesame oil and pepper; pour over bok choy.

**Wasabi Mashed Potatoes** Makes 4 servings 3 pounds russet potatoes, peeled, cut into 2-inch pieces 3/4 cup whole milk 1 tablespoon wasabi powder 1/4 cup unsalted butter Kosher salt, as needed to taste Freshly ground black pepper, as needed, to taste Place potatoes in a large pot and add enough cold water to cover. Bring to a boil, reduce to a simmer, and cook until potatoes are tender, about 20 minutes. Drain, return to pot, and using a potato masher, mash until smooth. In a small bowl stir together milk and wasabi powder. Add milk mixture and butter to potatoes. Using an electric mixer, beat until fluffy and combined. Add salt and pepper to taste.

**Soy Orange Butter Sauce** Makes about 3/4 cup sauce 1 cup orange juice 2 tablespoons soy sauce 2 tablespoons butter In a small sauce pot over medium-high heat simmer orange juice until reduced by half. Remove from heat; stir in soy sauce and butter until combined. Serve warm.