



**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.