



# Grilled Halibut with Red Pepper Harissa

*A simple, 25-minute dinner to bring your barbecue out of hibernation. This spicy fish dish is high in **B-vitamins** and antioxidants like **selenium** and **vitamin C**. The ample vitamin C comes from the jalapeño: a quarter of one jalapeño contains 100% of your recommended daily vitamin C intake! A perfect way to heat up your summer.*

**Prep: 5 minutes • Total: 25 minutes**

## Ingredients:

Red jalapeño chile	1 each	1 each
Garlic clove	1 each	1 each
Halibut or mahi-mahi fillets	4 each	4 each
Red bell peppers	2 large	2 large
Olive oil	¼ cup	63 mL
Ground cumin	2 tsp	10 mL
Ground coriander	2 tsp	10 mL
Lemon	1 medium	1 medium

## Directions:

1. Thread peeled garlic clove and jalapeño onto skewer.
2. Quarter bell peppers lengthwise; remove seeds. Brush the peppers, jalapeño, garlic, and fish with olive oil; add salt and pepper to taste. Sprinkle fish with ½ tsp cumin and ½ tsp coriander.
3. Grill above ingredients on medium-high heat until vegetables are tender and charred and fish is just cooked through – about 4 minutes per side for the fish, and about 8 minutes per side for the vegetables.
4. Grill halved lemon, cut side down, until charred – about 3 minutes.
5. Transfer fish to plate and tent with foil to keep warm.
6. Discard jalapeño stem and any charred skin from the peppers – transfer rest to blender.
7. Add garlic clove, olive oil, and remaining cumin and coriander to the blender. Process until coarse puree forms.
8. Plate, squeeze with grilled lemon, and spoon sauce over fish. Serve!

## Nutrition Facts

Serving Size (248g)  
Servings Per Container

Amount Per Serving

**Calories 320**    **Calories from Fat 160**

% Daily Value\*

**Total Fat 18g**    **28%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 50mg**    **17%**

**Sodium 90mg**    **4%**

**Total Carbohydrate 6g**    **2%**

Dietary Fiber 1g    **4%**

Sugars 3g

**Protein 33g**

Vitamin A 6%    • Vitamin C 220%

Calcium 10%    • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Bon Appetit, July 2008*

**Makes 4 servings (248g / serving) • 1 serving = 1 fillet**

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Lisa Doerr, BSCh Foods & Nutrition student  
**NutritionRx • Email:** info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca