



Quick and Delicious Halibut Dinner
with Chef Bridget Charters

*Pan seared Halibut with Arugula
Italian style braised cannellini beans
Italian Salsa Verde*

Equipment:

- Paring knife
- Chef knife
- Cutting board
- Flat salad bowl or small platter for fish
- Tongs
- Fish spatula
- Sauce pot for beans
- Blender
- 10" sauté pan
- Small sheet pan for holding items warm
- 9x13 baking dish
- 2 metal mixing bowls
- Measuring cups and spoons
- Whisk

Ingredients:

- 2 - 6 ounce halibut filets
- 2 cups braised cannellini beans
- 1 clove garlic, sliced
- 1 bunch arugula, washed and chopped
- 1 bunch parsley, Italian
- ½ cup mint leaves
- 2 tablespoons fresh oregano
- 1 cup arugula leaves
- 1 cup Extra Virgin Olive Oil
- 1 anchovy filet
- 1-2 lemons
- 2-3 clove garlic