



White fish, Scallops and Vegetables

This recipe is especially delicious with the vegetables that are harvested at this time of year, fresh from the farm or farmer's market. Add spices according to your tastes.

1 onion chopped
4 cloves garlic finely minced
1 container cherry tomatoes sliced in half
1 carrot sliced in thin rounds
½ pound asparagus cut on diagonal in third
Small bunch chives finely chopped about ¼ cup
Handful basil finely chopped
½ pound crimini mushrooms sliced
Oregano chopped about 1 tablespoon
1 orange pepper diced
Tarragon chopped about 1 tablespoon
2 teaspoons olive oil
Juice of ½ lemon
¾ pound halibut fillet, skin removed, cut in large chunks
¾ pound haddock fillet, skin removed, cut in large chunks
½ pound scallops
Sea Salt to taste
Pepper

Heat olive oil on medium flame. Sauté onion and three cloves garlic until soft. Add asparagus and carrots and continue to sauté, add mushrooms and orange pepper and continue to cook till tender. Add cherry tomatoes and stir, add cover for 3 minutes. Remove from pan. Add 1 teaspoon olive oil and 1 clove garlic chopped heat until brown on medium heat. Remove from pan and add halibut, haddock and scallops and heat for a few minutes on one side, carefully turn and cook for 3 minutes on other side. Add all the herbs, salt and pepper and stir carefully then put all the vegetables on top of fish, lower heat, add lemon juice and cover for a minute. Remove from pan and serve.