Seared Halibut, Chorizo Polenta Red Wine Braised

Broccoli

SERVES 4 PREP TIME 10 min COOK TIME 15 min

Ingredients

4 fillet Halibut
1 pound Chorizo
2 cups Polenta
6 cups Chicken Stock
2 heads Broccoli, cut into spears
1 cup Red Wine

Directions

Dry off Halibut fillets with paper towels, season with salt and pepper. Pre-heat a sauté pan sear fish on high heat with a tablespoon of canola oil until golden brown turn over and bake in the sauté pan in a 500◦ oven for 3-5 minutes until done.
In a deep pan cook off the chorizo add in the polenta and chicken stock. Reduce heat and stir until smooth and creamy.
In a hot pan add broccoli and 2 tablespoons of butter, brown one side of the broccoli then add red wine and cover. Let steam for 3 minutes or until tender