

ASIAN STYLE PEPPER SAUCE

Halibut with Stir Fry Noodles
and Mixed Vegetables



Fully Cooked—Just Heat
and add for that “Finishing Touch”. This
great sauce makes 2–4 servings and
is cholesterol free, has no MSG,
no trans fat, low in fat and low
in calories.

This unique, double sealed, package
has a refrigerated shelf life of 150 days.



ASIAN STYLE PEPPER

Halibut with Stir Fry Noodles and Mixed Vegetables

- 1 8 ounce package of Fortun's Finishing Touch Asian Style Pepper Sauce
- 4 6 ounce Halibut filets
- ½ pound stir-fry Asian Noodles
- ½ pound fresh asparagus, trimmed and cut into ½" pieces on the bias
- ½ pound fresh carrots, peeled and cut into ¼" thick slices
- ½ pound fresh Japanese eggplant, cut into medium dice
- 2 small bok choy, trimmed and cut in half
- 3 Tablespoons olive oil
- 2 teaspoons kosher salt used for Halibut and eggplant—additional salt for stir fry noodle water is necessary.
- ¾ teaspoon freshly ground black pepper used for Halibut and eggplant

Method

Place large pot of water on stove and bring to a rolling boil. Season well with salt; add asparagus and carrots blanching for 1 minute then remove with strainer to holding plate.

Add bok choy blanching for 1 minute, remove with strainer to holding plate.

Add stir-fry noodles to boiling water following manufacturer cooking directions. Reserve and hold warm when cooked.

Place large sauté pan over high heat, once pan is hot, add ½ Tablespoons of olive oil. Add eggplant, season with salt and black pepper and cook for 2-3 minutes or until golden brown in color. Remove from pan to holding plate with other vegetables.

Place large sauté pan back over medium-high heat, once pan is hot, add 1½ Tablespoons of olive oil. Season Halibut with salt and black pepper then place in sauté pan to cook. Allow Halibut to cook approximately 3-4 minutes per side. Remove Halibut from sauté pan to holding plate, hold warm.

Add the reserved asparagus, carrots, eggplant to your large sauté pan and place over medium-high cooking for one minute. Add the reserved stir-fry noodles and heat for an additional minute while mixing well to incorporate all ingredients. Divide evenly between serving plates and garnish with bok choy.

Add the Asian Style Pepper Sauce to the sauté pan and place over medium-high heat. Heat for about 1 to 2 minutes to a simmer **but do not allow the sauce to boil.**

Microwave Oven: Place the Asian Style Pepper Sauce in microwavable dish. Heat on the high setting for 30-45 seconds, stir and then heat an additional 30-45 seconds.

Boil in Bag: Place 8 ounce bag in boiling water for 1-2 minutes.

To Serve: Place the Halibut atop the stir-fry noodle and vegetable mixture. Once the sauce is hot, spoon equally over each Halibut filet. Serve immediately.

Chef suggested pairings:

Wine: Prosecco, Sauvignon Blanc or Pinot Grigio

Sides: Tender Ruby Red salad greens

Serves 4