

Fresh Halibut with Roasted Vegetables And Spicy Cilantro Sauce

2 pounds butternut **cubes**
2 pound beets **cubes**
½ of a medium onion chopped
1 tablespoon olive oil
2 teaspoons sugar
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 garlic clove minced

Preheat oven to 425°F. Combine beets and squash olive oil, sugar salt, pepper onion and garlic. Roast vegetables in middle of oven approx 35 minutes.

HALIBUT-

6-6 ounce pieces of fresh halibut or other firm fresh fish like grouper.
1 tablespoon olive oil
salt and freshly ground pepper

Heat olive oil in a sauté pan. Sear halibut in the olive oil until just slightly browned on one side 1-2 minute, turn and roast in a o 425 oven until just cooked through, about 4-5 minutes.

SPICY CILANTRO SAUCE

¼ cup chopped shallots
1 tablespoon minced fresh garlic
3 teaspoons minced gingerroot
½ teaspoon ground cumin
¼ teaspoon dried hot red pepper flakes
½ cup packed fresh cilantro leaves
½ cup packed fresh parsley leaves
¼ teaspoons salt
¼ teaspoon pepper
¼ cup water
2 teaspoons vegetable oil
2 tablespoons soy sauce
1 tablespoon fresh lemon juice

Chop shallots and garlic. Cook shallots, garlic, gingerroot, cumin, and red pepper flakes in oil over moderately low heat, stirring, until shallots are softened. Transfer to a blender and add, cilantro, parsley, water, soy sauce and lemon juice. Process until smooth, about 1 minute, and season with salt and pepper.

Serve the halibut over the roasted vegetables and top with the spicy cilantro sauce.