

# Halibut Catalan



**Serves 4    Prep 9 mins + 1h marinating    Cook 40 mins    Easy**

## Ingredients

90ml olive oil  
juice of 1 lemon  
salt and pepper  
4 halibut steaks  
one small onion, chopped  
1 level tbsp plain flour  
225g tomatoes, skinned, seeded & chopped  
1 level tbsp tomato puree  
150ml dry white wine  
150ml fish stock  
3 tbsp chopped fresh parsley

1. Mix together 60ml (4 tbsp) of the oil, the lemon juice and seasoning, and pour into a baking dish. Put the halibut into the dish, marinate for 1-2 hours turning the halibut once.
2. Preheat the oven to 180C/Fan160C. Heat the remaining oil in a frying pan and fry the onion for 2-3 mins until golden. Stir in the flour, then blend in the tomatoes, puree, wine, stock and seasoning, and simmer for 2-3 minutes.
3. Pour the mixture over the halibut. Cover the dish and bake in the oven for about 40 mins, until the fish flakes easily.
4. Serve hot, sprinkled with the parsley.