

Halibut Piccata with Black Rice, Broccoli & Pepitas

Serves: 4 | **Prep Time:** 15 min | **Cook Time:** 20 min (plus rice cooking time) | **Total Time:** 35 min active

A light, zesty take on the Italian classic — this Halibut Piccata swaps heavy breading for a crisp almond flour coating, serves portion-smart fish alongside nutty black rice and vibrant broccoli, and finishes with a sprinkle of protein-rich pumpkin seeds. Bright lemon, briny capers, and fresh parsley tie everything together for a balanced, Protein Flip™-friendly dish that's as elegant as it is nourishing.



Recipe:

Ingredients:

4 halibut fillets (4 oz each), skin removed if desired
½ tsp kosher salt
¼ tsp black pepper
¼ cup almond flour
1 tbsp avocado oil
½ cup dry white wine (or low-sodium chicken/vegetable broth)
2 garlic cloves, minced
2 tbsp capers, drained
Juice of 1 lemon (about 2–3 tbsp)
1 tbsp unsalted butter
⅔ cup dry black rice (makes about 2 cups cooked)
2 cups broccoli florets, steamed until tender-crisp
¼ cup toasted pumpkin seeds (pepitas)
Chopped fresh parsley, for garnish

Directions:

Cook the rice

Rinse the black rice under cold water.
Cook according to package directions, adjusting time for your chosen variety (black rice typically takes 25–35 minutes).
Keep warm until serving.

Prepare the fish

Pat halibut fillets dry with paper towels.
Season both sides evenly with salt and pepper.
Place almond flour in a shallow dish and lightly dredge each fillet, shaking off excess.

Cook the halibut

Heat avocado oil in a large skillet over **medium-high heat** until hot.
Add halibut fillets and sear **2–3 minutes per side**, until golden and just cooked through (internal temp ~130°F for medium, 140°F for well-done).
Transfer to a plate and tent loosely with foil.

Make the piccata sauce

Reduce heat to **medium**.
Add garlic to the skillet and sauté **30 seconds**, stirring to prevent burning.
Pour in white wine (or broth) and add capers. Simmer **2–3 minutes**, scraping

the bottom to release browned bits.

Stir in lemon juice, then whisk in butter until melted and sauce is slightly thickened.

Finish the dish

Return halibut to skillet, spoon sauce over fillets, and warm for **30–60 seconds**.

Assemble and serve

Divide cooked black rice (½ cup each) among 4 plates.

Add ½ cup broccoli to each plate.

Place a halibut fillet on top, spoon sauce over fish, sprinkle with pumpkin seeds, and garnish with parsley.