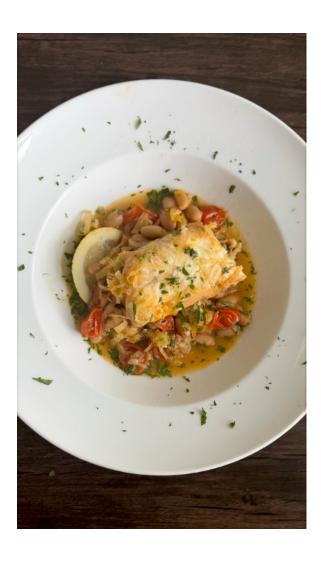
Mediterranean Halibut with Cannellini Beans | Quick 30-Minute Protein Flip™ Meal Balanced Protein • Fiber-Rich • Mediterranean Inspired

This Mediterranean Halibut with Cannellini Beans & Cherry Tomatoes is a quick and easy weeknight meal cooked in the Magnifique claypot oven. Featuring portion-smart halibut, creamy beans, leeks, and bright lemon, this dish delivers 23 g of protein and nearly 10 g of fiber per serving — all in under 30 minutes. A true Protein Flip™ recipe that balances animal and plant protein for a healthier, more satisfying dinner.

**No claypot oven?** No problem — simply use a heavy skillet or Dutch oven on the stovetop. Simmer the beans and tomatoes, then gently cook the halibut covered until it flakes easily.



# Recipe:

### **Ingredients:**

2 halibut fillets (3 oz each), skinless

1 (15 oz) can cannellini beans, rinsed and drained

1 cup cherry tomatoes, halved

1 leek, white and light green parts only, thinly sliced

2 garlic cloves, minced (optional)

½ cup vegetable or chicken broth

1 tbsp extra-virgin olive oil

Juice + zest of 1 lemon

Salt & freshly cracked black pepper

Fresh parsley or basil, for garnish Lemon wedges, for garnish

### **Directions:**

(Claypot Oven Method)

#### **Preheat**

Heat your Magnifique claypot oven to 375°F (190°C).

### **Layer aromatics**

In the claypot, drizzle olive oil. Add sliced leeks and garlic. Let them soften slightly as the claypot preheats.

### **Build the base**

Stir in cherry tomatoes, beans, and broth. Season lightly with salt and pepper.

#### Add halibut

Nestle halibut fillets on top of the bean-tomato mixture. Spoon some liquid over the fish.

#### Cover & bake

Place the lid on the claypot and bake for **20–25 minutes**, until the halibut flakes easily with a fork and the tomatoes have softened into the broth.

#### Finish with lemon

Remove from oven, drizzle lemon juice and sprinkle zest over the dish. Adjust seasoning.

#### Serve

Spoon the bean-tomato mixture into wide bowls, top with halibut, and garnish with

parsley or basil and lemon wedges.

## **Alternative Method (No Claypot)**

If you don't have a claypot oven:

Use a large, heavy skillet or Dutch oven.

Follow the same steps, simmering the beans and tomatoes on the stovetop for  $\sim$ 5 minutes.

Add the halibut, cover with a lid, and cook over **medium-low heat** for 8–10 minutes, until the fish flakes easily.

# **Protein Flip™ Nutrition (per serving)**

**Protein:** ~23–24 g **Fiber:** ~9–10 g **Calories:** ~323

## **Plating Notes**

Claypot cooking gives a rustic, infused broth and tender halibut. Without the claypot, stovetop cooking yields a slightly lighter broth but the same balanced flavor. Either way, plate beans and tomatoes first, fish on top, with herbs and lemon wedges for brightness.

**Serves:** 2 (3 oz halibut per serving)

**Prep Time:** 10 minutes

Cook Time (Claypot Oven): 20-25 minutes

Total Time: 30-35 minutes

### **Wine Pairing**

Sancerre (Loire Valley Sauvignon Blanc) – crisp and citrusy.

**Italian Vermentino** – round, herbal notes that pair beautifully with the leeks and lemon.