

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 ~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.