

# Roast halibut, butterbeans and chorizo

(adapted from John Torode)

Serves 2

## Ingredients

100ml olive oil  
2 small shallots finely chopped to 1 small leek ( green leaves only not the tough bits)  
1 onion , finely diced ( leave out if low FODMAP)  
1 carrot finely diced  
100g cooking chorizo, diced  
200g tinned butter beans  
1/2 bunch fat leaf parsley, chopped  
2 halibut steaks  
salt and pepper

## Method

heat a heavy based pan and add 100 ml of olive oil, add onions, shallots ( or leek) and sweat for 3-4 minutes

Add the carrot and cook for 4-5 minutes, until the onion/ leek is cooked but not brown

Add the chorizo and cook for 5 minutes stir well, cover the vegetables in the chorizo colour

Add the beans and reduce to a very low heat,

Add the halibut steaks cover with the vegetables

Cover and gently cook for 10 minutes. Keep checking to make sure the vegetables aren't sticking

Half way through cooking turn the halibut to ensure even colouring on both side

The halibut is cooked when it gently flakes away from the bone

Serve with a green salad or sautéed green vegetables



*Food 4 healthy guts*

Jacxx