Halibut in a macadamia-panko crust, seared and finished in the oven, with buttery corn and roasted cauliflower nuggets and udon noodles with spinach in coconut milk.



Macadamia-Panko Halibut with Corn, Cauliflower & Coconut Udon

The game plan

Get the cauliflower roasting first — it takes the longest. Boil the corn while the oven heats. Crust the fish, sear it, and put it into the oven. While it bakes, boil the water for the udon and create the tartar sauce.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Halibut fillets, skin on: 2, about 6 oz each
- Macadamia nuts: ½ cup, crushed
- Panko breadcrumbs: ½ cup
- Mayonnaise: 2 Tbsp for the fish, plus ½ cup for the tartar
- Flour: ¼ cup
- Egg: 1 (the white, with a little water)
- Corn: 1–2 ears
- Cauliflower: ½ head, cut into nugget-size bits
- Udon noodles: 2 bundles (about 7 oz)
- Fresh spinach: about 3 cups
- Butter: 2 Tbsp
- Olive oil: 2–3 Tbsp
- Coconut milk: ½ cup
- Lemon: 1
- Paprika & oregano: ½ tsp each
- Salt and black pepper
- Dill pickles: about ⅓ cup sliced (for the tartar)
- Rice vinegar: a splash (for the tartar)
- Fresh dill: 1 Tbsp (for the tartar)

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Crust the halibut

1. Spread a little mayonnaise over the fish.
2. Dredge in regular flour and brush off the excess.
3. Dip in beaten egg white with a little water.
4. Press into a bowl of crushed macadamia nuts and panko until well coated.



2. Sear, bake, and rest

1. Heat butter with a little olive oil over medium heat.
2. Sear the fish panko-side down about 5 minutes — medium heat so the crust doesn’t burn.
3. Flip, then finish in a 425°F oven about 15 minutes, until the fish flakes easily.
4. When done, remove from the pan and squeeze lemon into the pan with a little butter; then return the fish panko-side down to the pan on low heat for a few minutes, flip over, cover, and let it sit until ready.



3. Whisk the dill tartar

1. Mix ½ cup mayonnaise, about ⅓ cup sliced dill pickles, a splash of rice vinegar, a little olive or sesame oil, a squeeze of lemon, and some dill (fresh chopped or dried).
2. That’s the sauce that goes on the fish.



4. Corn and cauliflower

1. Boil the corn on the cob, about 5 minutes, and cut the kernels off.
2. Roast the cauliflower bits about 20 minutes at 425°F with olive oil, salt, and a little paprika, until tender.
3. Dump the roasted cauliflower in with the corn kernels, mix with a little olive oil, and add oregano.



5. Udon, spinach, and coconut milk

1. Cook the udon per the package directions and drain.
2. Toss with fresh spinach until wilted.
3. Stir in a little coconut milk — about ½ cup.



6. Plate

1. Udon and spinach down, corn and cauliflower alongside, crusted halibut on top with a dollop of dill tartar.

Serve

Keep the heat medium on the sear — a burnt crust can’t be fixed, an underdone one can. Eat hot.

