

DINNER

Halibut Puttanesca

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	5 min	10 min	4	\$6.12	214 kcal



If you have around 15 minutes to spend in the kitchen, Halibut Puttanesca might be an outstanding gluten free, dairy free, and pescatarian recipe to try. This recipe serves 4. One portion of this dish contains approximately 29g of protein, 5g of fat, and a total of 214 calories.

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 3 tablespoons drained capers
- ☐ ¼ cup chopped fresh basil leaves
- ☐ 4 cloves garlic, minced
- ☐ 4 servings Salt and ground black pepper
- ☐ 20 ounce halibut fillets
- ☐ ½ cup stuffed green olives, chopped
- ☐ ½ cup red wine
- ☐ 1½ cups tomato sauce, left over from Spaghetti and Meatballs or storebought

EQUIPMENT Sauce pan

Method

- 1

Add tomato sauce to a saucepan.
- 2

Add garlic, olives, capers, wine and anchovy paste and bring mixture to a simmer for 5 minutes over medium heat. Meanwhile, season halibut on both sides with salt and black pepper.
- 3

Add halibut fillets to sauce, cover and simmer 3 to 5 minutes, until fish is fork tender.

Nutrition per serving			
	214	29 g	5 g
	KCAL	PROTEIN	FAT
			8 g
			CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			3.6 g · 4% of daily needs
Sodium			1,073 mg · 47% of daily needs
Cholesterol			72 mg · 24% of daily needs
Vitamin C			7.9 mg · 10% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/halibut-puttanesca-142398