



MEAL KIT

*Look for regular rotations to the menu for new and seasonal meal choices.*

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

### DID YOU KNOW?

*The classic niçoise salad originated over 100 years ago in the French city of Nice. The original preparation consisted simply of tomatoes, hard boiled eggs, olives, anchovies, and olive oil. Many variations, including this one with halibut, have evolved since.*

*Our halibut is wild-caught in Alaska and air-shipped to Seattle for optimum freshness.*

**INGREDIENTS:** Halibut, Tomatoes, Lemon, Fingerling Potatoes, Green Beans, Pitted Kalamata Olives (may contain pits), Peeled Shallots, MM Olive Oil, Capers, Garlic, Parsley, Sea Salt, Black Pepper

**ALLERGENS:** fish



At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.

metropolitanmarket



MEAL KIT

*All ingredients included!*

See details on back of package.

# SHEET PAN HALIBUT NIÇOISE

**WILD-CAUGHT ALASKAN HALIBUT ROASTED ALONGSIDE GREEN BEANS, POTATOES, AND ON THE VINE TOMATOES, TOPPED WITH KALAMATA OLIVES AND CAPERS**

**SERVES 2 | USES ONLY ONE PAN**



### TOOLS YOU'LL NEED:

- Sheet pan
- Chef's knife
- Thermometer (recommended)
- Cutting board
- Tongs
- Vegetable peeler (recommended)

**KEEP REFRIGERATED**



## 1. PREPARE SHEET PAN

- Preheat oven to 375° F.
- Drain the water from the **potatoes**, and pat dry on a paper towel.
- Line a sheet pan with provided **parchment paper** and add the potatoes.
- Add the **tomatoes** to corners of pan, leave on the vine.
- Drizzle with half the olive oil, toss to evenly coat, then sprinkle with a pinch of the **salt + pepper**.



## 2. BAKE POTATOES + TOMATOES

- Bake in a preheated 375° F oven for 15 minutes or until the potatoes are tender.
- Once cooked, flip the potatoes and move to the edges of the pan.
- While baking, complete steps 3 and 4.



## 3. PREPARE AROMATICS

- While the potatoes are baking, gently remove yellow zest off of the **lemon** using a vegetable peeler. Slice into thin ribbons.
- Firmly roll the lemon on a table top to loosen the juice, then cut in half at an angle. Scrape out any visible seeds.
- Pick the **parsley** leaves and slice.
- Thin slice **shallot** and mince **garlic**.
- Cut each **Kalamata olive** in half lengthwise.



## 4. PREPARE HALIBUT

- Pour about a teaspoon of olive oil onto the **halibut**, and use your fingers to coat the fish.
- Sprinkle the fish with minced garlic, sliced lemon zest, and half the remaining salt + pepper.



## 5. ARRANGE SHEET PAN

- Place the **green beans** on the sheet pan in a pile. Top with sliced shallots. Pour on remaining oil, and remaining salt + pepper, then use tongs to toss.
- Place the marinated halibut next to the beans, making sure the pieces are not touching.



## 6. BAKE + GARNISH

- Bake for 10 minutes, until the halibut is cooked through. Fish is done when it is opaque, firm, and flakes easily, or when a thermometer entered into the thickest part of the halibut reads 145° F.
- Remove from oven, and sprinkle sliced parsley over the pan.
- Squeeze half the lemon over the halibut and the beans.



## 7. PLATE VEGETABLES

- Place the potatoes on 2 plates.
- Pile beans on top.
- Place the on vine tomatoes next to the beans and potatoes.



## 8. PLATE FISH + GARNISH

- Place the halibut on top of vegetables.
- Sprinkle with Kalamata olives and **capers**.
- Serve and enjoy!