



Servings 4

Prep Time 10 min

Cooking Time 40 min

Seared Pike with Three Sisters Salad



Directions

Step 1

Preheat oven to 425° Fahrenheit. Trim off stem and knobby bottom end of squash. Split squash in half and scoop out seeds to discard. Slice squash into 1-inch wedges. Place wedges on a large rimmed cookie sheet in one layer and coat with oil. Season with salt and pepper. Bake for about 30 minutes, flipping halfway through, until squash is tender and browned at the edges.

Step 2

Meanwhile, blanch green beans in salted, boiling water until tender but still bright green. Drain and set aside. In a small mason jar, combine vinaigrette ingredients – shake to emulsify before serving.

Step 3

Cut pike fillets into four to six sections. Pat dry with paper towels and sprinkle salt and pepper all over the pieces. Add a generous amount of oil to a non-stick pan and heat over medium-high. Cook fish until cooked through and flaky, using a spatula to carefully flip and remove the fish from the pan.

Step 4

Serve fish immediately with roasted squash, corn, green beans and cannellini beans (amounts to your liking) with vinaigrette drizzled over the vegetables.

Ingredients

2 pike fillets

Salt and pepper

1 kabocha squash, or other squash

Avocado or olive oil

Handful of green beans, trimmed

Canned corn, drained

1 can of cannellini beans, drained and rinsed

Black Walnut Syrup Vinaigrette

2 tbs. apple cider vinegar

4 tbs. avocado oil, or olive oil

3 tbs. black walnut syrup, or maple syrup

2 tsp. coarse ground Dijon mustard

½ tsp. sea salt

2 tbs. minced shallot

Freshly cracked pepper

