

# Halibut with Cauliflower Mushroom & Root Vegetables

Yield: 2 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/cauliflower-and-mushroom-recipe-indian>

## Ingredients:

- 2 halibut fillet portions
- 1/2 pound cauliflower mushroom cut into pieces
- 4 tablespoons butter plus extra
- 1 shallot diced
- 1/4 cup white wine
- 2 cups chicken stock
- 1/4 lemon
- root vegetable medley, julienned
- olive oil
- salt
- pepper
- parsley garnish, optional

## Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 200 milligrams
4. Fat: 44 grams
5. Fiber: 6 grams
6. Protein: 99 grams
7. SaturatedFat: 16 grams
8. Sodium: 1180 milligrams
9. Sugar: 8 grams

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