

HOOKED ON FISH

Fresh. Simple. Sustainable.

Halibut w/ Basil, Garlic, and Tomato

Food 52

4 halibut filets
1 tablespoon extra virgin olive oil
4 roma tomatoes, seeded and diced
2 garlic cloves, sliced thin
¼ cup fresh lemon juice
½ cup white wine
¼ cup fresh basil, chiffonade or chopped
salt and pepper to taste

Season fish with salt and pepper.

In heavy skillet, heat olive oil over med-high heat.

Sear fish on each side, until golden color forms. Remove fish from skillet, set aside.
Lower heat to medium. Add tomatoes and garlic, cook a few minutes (do not let garlic brown and bitter).

Add wine and lemon juice. Let reduce by ⅓.

Return fish to skillet, add basil. Cover and let cook until fish is cooked through.

Serve over orzo and spinach. Garnish with lemon wedge and fresh basil to taste.

Serves 4

Check our website for more recipes:

<https://www.hookedonfishchicago.com/recipes>