

Healthy Halibut



Servings:

4 servings

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients

- 2 tbsp **Olive Oil**
- 4 - 6oz **Halibut Fillets**
- 2 **Bell Peppers**
- 1 **Small Onion**, sliced
- ½ cup **Cherry Tomatoes**
- 3 tsp **Minced Garlic**
- 1 tbsp **Parsley**
- ¼ cup **Chicken Stock**
- ¼ cup **White Wine**
- - **Salt & Pepper to Taste**

Method of Preparation

Step 1

Pat fish dry, season with salt & pepper. Add oil to a pan on medium heat.

Sear fish on each side for 4 minutes; remove and set aside.

Step 2

Add peppers and onions to pan and cook for 3-4 minutes.

Step 3

Add garlic, salt/pepper and tomatoes to pan. Cook until fragrant.

Step 4

Add wine and chicken stock to deglaze the pan.

Step 5

Place fish back into the pan and cook until tender. Garnish with parsley.

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