

SIMPLE PAN SEARED HALIBUT

ingredients:

- 4 6-ounce halibut fillets
- 1 teaspoon garlic powder
- ½ teaspoon dried parsley
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon extra-virgin olive oil
- Lemons wedges for serving
- chopped parsley for serving

directions:

1. Pat the halibut dry with a paper towel. Season each fillet with parsley, garlic powder, salt, and pepper.
2. Heat the olive oil in a large non-stick skillet over medium-high heat. Place the halibut on the hot oil skin side up, and cook without touching until golden, about 4 minutes. Carefully flip the halibut and continue cooking until you reach your desired doneness, about 3 to 4 more minutes.
3. Transfer halibut to a platter, squeeze lemon juice on top and sprinkle with fresh chopped parsley. Serve with your favorite spring vegetables.

Enjoy!

