



Grilled Halibut with Fennel, Red Onions and Oregano

Active Time: 25 minutes | **Total Time:** 25 minutes | **Serves:** 4

Nutrition Information Per Serving

299.5 calories, 11.61 g carbohydrate, 3.42 g fiber, 8.19 g NET carbs, 36.47 g protein, 11.1 g fat

Ingredients

- 1 whole bulb organic fennel, quartered, thinly sliced
- 1 whole organic orange
- 2 Tbsp(s) fresh organic flat-leaf parsley, chopped
- 1/2 tsp(s) sea salt
- 24 ounce(s) wild Pacific halibut (6 oz. pieces)
- 1 large organic red onion, thinly sliced
- 2 Tbsp(s) avocado oil
- 6 Tbsp(s) organic red wine vinegar
- 1 Tbsp fresh oregano leaves, chopped

Preparation

1. Heat a grill pan or outdoor grill over medium-high heat.
2. Drizzle half of the oil over the fish and season with salt.
3. Grill fish 4 minutes on each side until fish is firm but not tough and cooked through.
4. Preheat a safe, non-stick skillet over medium-high heat.
5. While fish cooks, peel the orange, cut off ends and slice into rounds, then in quarters.
6. Add remaining oil, fennel and onions to the preheated skillet.
7. Cook 3 to 5 minutes until seared and beginning to soften. Add vinegar and swirl. Remove from heat.
8. Add in the oranges, the parsley and oregano.
9. Place fish on serving plates, topped with fennel-orange salad.
10. Serve.

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