



Halibut Provençale

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

276 calories, 4.69 g carbohydrate, 0.62 g fiber, 4.07 g NET carbs, 35.77 g protein, 10.99 g fat

Ingredients

- 1/4 cup(s) organic lemon juice
- 1/4 cup(s) organic sun-dried tomatoes, chopped
- 1 Tbsp fresh basil, minced
- 1 Tbsp capers, drained
- 1 Tbsp organic garlic, chopped
- 24 ounce(s) wild Pacific halibut
- 1/2 cup(s) organic dry white wine
- 2 Tbsp(s) avocado oil

Preparation

1. Preheat the oven to 450 F.
2. Heat the oil in a large, heavy, ovenproof skillet over medium-high heat.
3. Add the tomatoes, capers, garlic, and basil, and stir 1 minute.
4. Add the wine and lemon juice, and boil until the liquid is reduced almost to a glaze, about 3 minutes.
5. Add the fish to the skillet and swirl to coat with the sauce.
6. Transfer the skillet to the oven.
7. Roast the fish until it is just opaque in the center, about 8 minutes.
8. Transfer the fish and sauce to a platter and serve.

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