

Serrano Seared Halibut

This is a quick, simple, and tender halibut dish. You can make it in 15 minutes or less. The serrano peppers give it a spicy and unique flair.

Ingredients

4 thick skinless Alaskan Halibut fillets (about 1 ½ -2 pounds)
3 tomatoes on the vine sliced in wedges
½ red onion, sliced
2 cups fresh spinach or fresh basil
2 serrano peppers, seeded and chopped
1/3 cup extra virgin olive oil
lemon wedges (about 1/2 lemon)
Fresh ground sea salt and black pepper

Preparation

Salt and pepper the halibut pieces on both sides. Heat a large scan pan or non-stick pan on medium high heat and coat with olive oil. Add halibut and cook for 5 minutes. Gently turn over the halibut pieces and lower the heat to medium. Add the onions, tomatoes, serrano peppers, and spinach (or basil) around the halibut. Season the vegetables with salt and pepper. Continue to cook halibut for another 5-7 minutes until nicely seared from the outside and tender inside. (Cooking time may vary depending on thickness) Squeeze fresh lemon juice on the halibut. Remove halibut fillets from pan and plate on 4 separate dinner plates. Saute the vegetables a few minutes longer then spoon mixture on top and surrounding the fillets on each dish. Serve immediately.

Serves 4