



Pan-seared Halibut

Enjoy a healthy and delicious meal ready in just minutes! Easy and delicious pan-seared halibut with honey and lemon will have you falling in love with fish for the first time, or all over again!

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Yield: Serves 3 to 4

Ingredients

- 2 tablespoons butter, melted
- 2 tablespoons honey
- ½ lemon, juiced
- 2 teaspoons soy sauce
- ½ teaspoon pepper
- 2 cloves garlic, minced
- 1 pound fresh halibut filet

Instructions

1. In a small mixing bowl, combine the butter, honey, lemon juice, soy sauce, pepper, and garlic.
2. Portion your halibut by cutting it with a sharp knife into 3 or 4 pieces. A serving size of fish is 3 to 6 oz so portion it depending on the particular size of your filet. Brush both sides of each with the liquid mixture.
3. Heat a pan until it is sizzling hot (a drop of water sizzles and immediately evaporates when it hits the pan). Sear the halibut for 90 seconds on each side. Reduce the heat to medium and cook each side for an additional 2-3 minutes, until the fish can be easily flaked with a fork.