



Herb-Crusted Halibut

Ingredients

SERVES 4

3/4 cup panko
4 tbsp fresh parsley, minced
4 tbsp fresh dill, minced
juice from one lemon
salt/pepper
4 tsp ground mustard
4 tsp ground garlic
4 tsp ground paprika
4 halibut filets
avocado oil

Nutrition (1svg)

KCAL: 270

SAT FAT: 2.5 g

FIBER: 1 g

SODIUM: 75 mg

ADDED SUGARS: 0 g

Directions

1. Preheat oven to 425 degrees.
2. Combine herbs and panko in a bowl and mix well.
3. Drizzle a tbsp of lemon juice and oil on each filet and sprinkle with salt and pepper. Then top with the herb mix so each filet is covered generously.
4. Heat oil in cast iron pan until hot. Place fish in the pan skin side down on medium high heat and cook for 4 minutes.
5. Then place pan of fish on top rack of oven and cook for 5-8 minutes further until fish is cooked through and opaque and flaky (145 degrees internally). Serve.