**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.

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