



Pan Seared Halibut with Charred Tomato Salsa

Serving:

4

Type:

Fish- pareve

Author:

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Ingredients:

- 2 tablespoons olive oil (divided)
- 4 (6-ounce) halibut fillets
- 1 tablespoon salt
- 1 tablespoon fresh cracked pepper
- 2 sprigs of fresh thyme
- 1 lemon, juiced
- 1 tablespoon olive oil
- 1 diced red onion
- 2 cups halved heirloom cherry tomatoes
- 1 teaspoon chopped garlic
- 2 tablespoons freshly chopped parsley leaves

2 tablespoons basil chiffonade
2 tablespoons capers

Directions:

In a large sauté pan over medium-high heat, add 1T olive oil. Season the fish with salt and pepper and sear the fish for 3 to 4 minutes on each side.

Add the thyme, juice of 1/2 a lemon and 1T of olive oil and baste the fish with the sauce. Remove the halibut from the pan to a platter.

For the salsa:

sauté the red onion till translucent. Increase the heat to high and add 1T olive oil to the pan. Stir in the tomatoes, the garlic and the juice of 1/2 a lemon. Cook for 2 minutes and then toss in the capers, basil and parsley. Stir to combine and serve on top of the fish.

Tips:

Consider this salsa as a go-to basic bruschetta recipe, too. Simply grill or toast very good artisanal bread, drizzle with EVOO and top with this salsa.