

Pan Fried Halibut in Butter Herb Sauce

8 ingredients · 15 minutes · 2 servings



Directions

1. Pat the halibut dry and season with salt and pepper.
2. Heat a large skillet over medium heat. Once hot, melt half the butter and add in half the olive oil. Place the halibut in the skillet and cook for three to five minutes (depending on thickness). Flip and cook for an additional two to three minutes more. Remove and set aside.
3. In the same skillet, reduce the heat to medium-low and drizzle in the remaining olive oil. Add the garlic and cook until just fragrant, about one minute. Add in the lemon juice, capers, the remaining butter and tarragon. Season with salt and pepper. Stir to combine.
4. Place the halibut back in the skillet and spoon the sauce over top, basting it for about 30 seconds. Remove from the heat. Divide onto plates and enjoy!

Notes

Leftovers

This is best enjoyed immediately. Leftovers can be stored in an airtight container in the fridge for up to two days.

Dairy-Free

Use a dairy-free butter, or more olive oil.

More Flavor

Deglaze the skillet with a splash of white wine after adding the garlic.

Additional Toppings

Garnish with lemon zest.

No Tarragon

Use another fresh herb such as parsley.

Ingredients

- 10 ozs Halibut Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Butter (divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, finely chopped)
- 1 tbsp Lemon Juice
- 2 tbsps Capers
- 1 tsp Tarragon (chopped)

Nutrition

Amount per serving

Calories	359	Calcium	26mg
Fat	27g	Iron	1mg
Saturated	9g	Vitamin D	269IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	2g	Thiamine	0.1mg
Monounsaturated	14g	Riboflavin	0.1mg
Carbs	2g	Niacin	9mg
Fiber	0g	Vitamin B6	0.8mg
Sugar	0g	Folate	22µg
Protein	27g	Vitamin B12	1.6µg
Cholesterol	100mg	Phosphorous	345mg
Sodium	301mg	Magnesium	38mg
Potassium	652mg	Zinc	1mg

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Vitamin A	475IU	Selenium	65µg
Vitamin C	4mg		