

Grilled Halibut and McVeggies

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Halibut is a sweet white fish and grills very nicely. This fish so nice you might not need a sauce to dip it into. Herbs de Provence is a combination of dried herbs. If you can not find it in your supermarket you can substitute Italian seasoning. They are both excellent on roasted vegetables. Cooking the fish in a cast iron skillet will allow it to brown evenly on both sides.



4 – 6 ounce halibut fillets, about 1 inch thick

1 tablespoons olive oil

1 teaspoon fresh lemon juice

1/2 teaspoon smoked paprika

1/2 teaspoon onion powder

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1 teaspoon fresh rosemary, chopped

1/2 teaspoon salt and dash pepper

2 gloves minced garlic, fresh or from a jar

2 teaspoons olive oil for grilling

4 services of your favorite veggie, zucchini, yellow squash, broccoli, asparagus, etc.

1 teaspoon Molly McButter®, a butter flavored seasoning

Serve with tarter sauce or lemon aioli, both recipes under Odds and Ends on this website.

Rinse fish and pat dry. Put on a plate and rub one side with half of the olive oil. Sprinkle one side with half of the lemon juice, herbs, garlic, salt and pepper. Turn the fish over and do the same to the other side. Let set at room temperature while the grill heats to medium, about 15-20 minutes. If you have a cast iron skillet or griddle, put it in the grill to heat up as well with the cover closed. If you are putting the fish directly on the grill, spray it first with cooking spray.

During this time, get your veggies ready to cook, set the table and finish preparing this recipe.

When you are ready to grill the fish, add the 2 teaspoons of olive oil to the hot skillet. Add the fish and don't move them for 4 minutes, with the cover closed. Open the cover and turn the fish and allow them to cook for 5 more minutes, depending on the thickness. To tell if they are done, gently cut into one piece and the flesh should be white and break apart, it is done. Remember you can always put them back on the grill if they need more cooking but you can't fix them if they cook too much.

Lay the vegetables in a microwave safe container that has a cover. Add 1 teaspoon of water to the container and sprinkle with Molly McButter. Cover on the container but make sure there is a whole or opening for the steam to vent. Cook on high for 2 minutes or until desired tenderness have been achieved.

Plate quickly because you want to serve both of these as soon as they are done because they can cool off quickly.