



Blackened Halibut

SERVES 4

Ingredients

4 (6-ounce) filets halibut, skin removed
2 teaspoons coarse sea salt
1 1/2 teaspoon each smoked paprika, garlic powder, and onion powder
1 tablespoon vegetable oil
1 clove garlic, peeled and smashed
about 8 sprigs fresh lemon thyme, whole
4 tablespoons unsalted butter, divided
3/4 cup low-sodium chicken or fish stock
1/4 cup roughly chopped fresh parsley
1 lemon, cut into 8 wedges

Directions

Pat halibut filets dry with paper towels and season with sea salt. In a small bowl, stir together paprika, garlic powder, and onion powder. Sprinkle evenly over filets. Heat oil in a large (12-inch) nonstick or cast iron skillet over medium-high heat for 1 minute or until hot. Add filets and cook until browned and a crust has formed, about 4 minutes. Turn filets over and add garlic, thyme, and 2 tablespoons butter. Cook 2 minutes or until fish is cooked through, seared on the outside and opaque throughout. Remove fish to a serving plate to keep warm. Add stock to pan and simmer until reduced by half, about 2 minutes. Add remaining 2 tablespoons butter and parsley, stir to combine. Pour over fish. Squeeze 4 lemon wedges over fish. Serve with remaining lemon wedges.