



15 Minute Halibut with Dill Pesto

4 servings

15 minutes

Ingredients

- 1 cup Parsley (packed)
- 1/4 cup Fresh Dill (packed)
- 1/3 cup Slivered Almonds
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper
- 1 1/4 lbs Halibut Fillet
- 1 1/2 tsps Coconut Oil
- 8 cups Mixed Greens (or Arugula)

Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free: Use pumpkin seeds or sunflower seeds instead.

Save Time: Blend up the pesto in advance.

More Carbs: Serve it with rice, quinoa or roasted mini potatoes.