

Broiled Halibut with Toasted Garlic Broccoli Recipe

- 4 3 oz. halibut fillets, skin on
- 2 teaspoons grass-fed butter
- 3 garlic cloves, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon dried basil
- 1 tablespoon fresh parsley, finely chopped
- Himalayan sea salt and freshly ground black pepper
- 1 lemon, wedged

Toasted Garlic Broccoli

- 4 cups broccoli, cut into florets
- 2 teaspoon olive oil
- 2 cloves garlic, thinly sliced
- Himalayan sea salt & freshly ground black pepper



1. Place the fish fillets skin side down on a large baking sheet, making sure not to overlap. Season with salt and pepper.
2. In a small saucepan over medium-low heat, melt the butter and combine it with the minced garlic, lemon juice, basil and parsley. Cook for about 2 minutes. Pour mixture over the fillets and allow them to marinate for at least 30 minutes.
3. Turn the broiler on high and broil the halibut for about 10 minutes, or until fish is white and flaky. Serve with lemon wedges.
4. For broccoli: Bring a saucepan full of water to a boil. Place broccoli in the pot and cook until tender, about 5 minutes.
5. Add olive oil to a large skillet over medium heat. Sauté the sliced garlic in the oil. Stir frequently and allow the garlic to become golden brown, about 3 minutes. Remove garlic and set aside for later use.
6. Transfer the cooked broccoli to the skillet used above. Allow to sauté for about 3 minutes. Toss in toasted garlic and season with salt and pepper to taste.

Makes 4 total servings.

Serving Size = 3 ounces of halibut and 1 cups of cooked vegetables.

Enjoy with one cup of on plan fruit.

