

## Alaska Halibut with Lemon Dressing



**Preparation Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### **Ingredients:**

4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen

6 Tablespoons butter, divided

Finely grated zest and juice of 1 large lemon

Salt and freshly ground black pepper

2 teaspoons Dijon mustard

4 sprigs lemon thyme (or ½ teaspoon dried thyme)

2 Tablespoons olive oil

2 leeks (white and light green part only), sliced

2 zucchini, sliced

5 to 6 oz. baby spinach leaves

2 Tablespoons dry white wine or vegetable broth

### **Description:**

Heat broiler/oven to medium-high heat (450°F)..

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Arrange fillets on a spray-coated or foil lined baking sheet. Broil 5 to 7 inches from the heat source for about 5 minutes. Remove fish from oven, and place 1/2 tablespoon butter on top of each fillet. Sprinkle with 2 teaspoons lemon juice, then season with salt and pepper. Return to oven and cook an additional 7 to 10 minutes for frozen fillets or 4 to 6 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

While the fish is cooking, add remaining butter to a saucepan with the lemon zest, remaining lemon juice and mustard. Heat gently, whisking until melted, then add the thyme. Keep warm.

Heat the olive oil in a wok or large pan; cook the leeks and zucchini over medium heat until soft. Add the spinach and wine or broth, stirring until the leaves have wilted, about 1 to 2 minutes.

Serve the fish and vegetables, pouring the warm lemon and thyme dressing over fillets.

*Cook's tip: Use regular thyme if you can't find the lemon variety, or use rosemary instead.*

Photo by Steve Lee