

Pan Seared Halibut with Lemon Caper Sauce

Yield: 2 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/halibut-indian-recipe>

Ingredients:

- 1 pound halibut fresh, skinned* and cut into two equal portions
- 4 tablespoons butter divided
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon kosher salt
- 3 black pepper grinds
- 4 slices lemon we used Meyer lemons but regular lemon will do
- 2 teaspoons garlic fresh, finely chopped
- 1/4 cup white wine such as Chardonnay
- 2 tablespoons lemon juice
- 2 tablespoons capers drained
- 2 tablespoons fresh flat leaf parsley chopped

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 135 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 49 grams
7. SaturatedFat: 15 grams
8. Sodium: 1140 milligrams
9. Sugar: 1 grams

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