

Recipe for: Halibut with Lemon-Fennel Salad

Ingredients:

1 tsp. ground coriander
1/2 tsp. sea salt
1/2 tsp. ground cumin
1/4 tsp. ground black pepper
5 tsp. extra-virgin olive oil, divided
2 garlic cloves, minced
4 (6 oz) halibut fillets
2 cups thinly sliced fennel bulb (1 medium bulb)
1/4 cup thinly sliced red onion (vertically cut)
2 Tbsp. fresh lemon juice
1 Tbsp. chopped flat leaf parsley
1 tsp. fresh thyme leaves

Preparation:

Combine first four ingredients in a small bowl.

Combine 1 1/2 tsp. spice mixture, 2 tsp. oil, and garlic in a small bowl; rub garlic mixture over fish.

Heat 1 tsp. oil in a large skillet over medium-high heat.

Add fish to pan;

Cook 5 minutes on each side.

Combine remaining 3/4 tsp. spice mixture, remaining 2 tsp. oil, fennel bulb, and remaining ingredients in a medium bowl, tossing well to coat.

Serve salad with fish.

Yields 4 servings