



15 Minute Halibut with Dill Pesto

2 servings
15 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	327
Fat	20g
Carbs	6g
Fiber	3g
Sugar	1g
Protein	31g
Cholesterol	69mg
Sodium	139mg
Potassium	903mg
Vitamin A	1419IU
Vitamin C	33mg
Calcium	104mg
Iron	3mg
Vitamin D	269IU
Vitamin E	2mg
Vitamin K	255µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	9mg

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.



Vitamin B6	0.8mg
Folate	43µg
Vitamin B12	1.6µg
Phosphorous	346mg
Magnesium	41mg
Zinc	1mg
Selenium	65µg