

**PER SERVING** Calories: 319; Fat: 26g; Protein: 22g; Carbs: 2g; Fiber: 0g; Net Carbs: 2g; Fat 70%/Protein 29%/Carbs 1%

**SUBSTITUTION TIP** Any firm white-fleshed fish will be delicious with this creamy sauce. Try haddock, tilapia, or sea bass.

1. Pat the fish dry with paper towels and then lightly season the fillets with salt and pepper. Set aside on a paper towel-lined plate.
2. Place a small saucepan over medium heat and melt the butter.
3. Sauté the garlic and shallot until tender, about 3 minutes.
4. Whisk in the white wine, lemon juice, and orange juice and bring the sauce to a simmer, cooking until it thickens slightly, about 2 minutes.
5. Remove the sauce from the heat and stir in the parsley; set aside.
6. Place a large skillet over medium-high heat and add the olive oil.
7. Pan-fry the fish until lightly browned and just cooked through, turning them over once, about 10 minutes in total.
8. Serve the fish immediately with a spoonful of sauce for each.

- 4 (5-ounce) halibut fillets, each about 1 inch thick
- Sea salt
- Freshly ground black pepper
- 1/4 cup butter
- 2 teaspoons minced garlic
- 1 shallot, minced
- 3 tablespoons dry white wine
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon freshly squeezed orange juice
- 2 teaspoons chopped fresh parsley
- 2 tablespoons olive oil

*Citrus fruits are absolutely delicious and are bursting with nutrients. Both lemons and oranges are excellent sources of vitamin C, which boosts the immune system and can help detoxify your body. The acid from citrus is a wonderful addition to most fish and seafood recipes.*

Serves 4 / Prep time: 10 minutes / Cook time: 15 minutes

## PAN-SEARED HALIBUT WITH CITRUS BUTTER SAUCE

UNDER 30 MINUTES

NUT FREE

GLUTEN FREE

KETO QUOTIENT

