

Citrus Halibut

Serves 4

- 4 ea. Halibut 8 oz. pieces
- 1 ea. Lemon
- 1 ea. Lime
- 1 oz. Olive Oil

Method: Zest the lemon and lime and mix with oil and salt and pepper. Can be done an hour ahead of time. In a hot skillet sear the fish on both sides and place in 400-degree oven for about 7 minutes depending on thickness.

Salad

- 2 ea. Oranges, segment
- 1/8 c. Almond, slivers, toasted
- 1/4 c. Dried Cranberries
- 1/4 c. Beat sprouts
- 1/4 c. Popcorn shoots
- 1/2 c. Lemon Sorrel
- 1 c. Baby Arugula

- 2 ea. Lemons, juiced
- 4 oz. Olive oil
- Salt and Pepper

Method: Wisk the oil into the lemon juice slowly so it emulsifies, season with salt and pepper. Toss with the baby sprouts and greens, serve under halibut and garnish with the almonds, cranberries and oranges.