



Free veg.
1

Protein
2

Grilled Halibut Steaks

This grilled halibut steaks recipe is very easy to prepare and just as easy to cook. Halibut, the largest flatfish in the ocean, is a delicious white-fleshed fish with a firm, meaty texture. As with all fish, do not overcook as the meat will become tough and won't have that gorgeous flaky texture.

Ingredients

- 3 tbsps chicken stock
- Juice of ½ lemon
- Lemon wedges
- 1 tablespoon fresh rosemary, chopped
- Salt and pepper, to taste
- 560g halibut cut into fillets
- 400g asparagus tips

Directions

1. In a bowl, mix the chicken stock with the lemon juice and the rosemary.
2. Add the halibut steaks to the mix, cover with cling film and leave to marinade for an hour in the fridge.
3. After marinating, season the steaks with salt and freshly ground black pepper. Grill the fish under a medium heat, skin facing down for 5 minutes on each side.
4. Meanwhile, steam the asparagus tips for 6-8 minutes.

Serving Suggestion

Serve the fish steak on a bed of asparagus with the fresh lemon wedges.