



Pan Seared Halibut with Roasted Pearl Tomatoes (adapted from Aaron McCargo Jr, Foodnetwork.com)

- 1 tablespoon vegetable oil
- 1 tablespoon unsalted butter
- 2 - 6 ounce halibut fillets
- Sea salt and coarse ground black pepper
- 2 tablespoons Wondra instant blending flour
- 1/4 cup fresh basil, chopped (divided)
- Juice of 1 lemon
- 1-1/2 cups pearl or cherry tomatoes cut into halves
- 1 teaspoon minced garlic
- 2 tablespoons fresh chopped parsley

Heat a sauté pan over medium high heat. Add oil and butter and heat until butter is melted and bubbling. Meanwhile season fish fillets well with salt and pepper. Dredge lightly in flour, shaking off excess. When pan is hot, add fish filets and depending on thickness cook for 2 to 4 minutes on each side, flipping over when lightly golden. Add 2 tablespoons chopped basil and half the lemon juice. Sauté for 30 second, and remove fish to a platter. Add pearl tomatoes and garlic to sauté pan and cook until tomatoes skins start to pucker - about 2 minutes. Add remaining lemon juice, parsley and remaining 2 tablespoons basil. Toss to combine well then serve over fish fillets. Makes 2 servings.