



Pan-seared halibut with cherry tomatoes & basil# (OP W)

Serving: 2

Veg

Ingredients

- 1 pint [320 g] cherry or grape tomatoes, preferably mixed colors, halved
- 2 medium garlic cloves, minced
- 1 tsp red wine vinegar or rice vinegar
- Salt and Freshly ground black pepper to taste
- Four 6-oz [170-g] skinless Pacific halibut fillets
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp chopped fresh basil

Preparation Method

1. In a medium bowl, combine the tomatoes, garlic, vinegar, a heaping $\frac{1}{4}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pepper. Set aside. Season the halibut all over with 4 teaspoon salt and $\frac{1}{2}$ teaspoon pepper.
3. Heat 2 tablespoons of the oil in a 12-in [30.5-cm] nonstick skillet over medium-high heat until hot and shimmering. Place the fish, presentation-side down, in the pan and cook, without touching, until golden brown and crisp, about 3 minutes. Flip the fish and lower the heat to medium; continue cooking until the halibut is just firm to the touch and opaque when you pry open a thicker piece with a paring knife, 3 to 4 minutes. Transfer the cooked halibut to a plate or serving platter.
4. Add the remaining 1 tablespoon oil to the pan, followed by the cherry tomato mixture. Cook, stirring occasionally, over medium heat until the tomatoes start to break down and release their juices, a few minutes. Stir in the basil, then taste and adjust the seasoning, if necessary. Serve the halibut fillets with the tomatoes spooned over the top and alongside.
5. serve the halibut with tomatoes over the top.