Halibut with Lemon-Garlic oil and Sauteed Watercress\*  
The secret flavoring in this recipe is omega-3 rich anchovies. For those new to anchovies, this recipe is a great place to start.  
serves 4

Ingredients  
1/4 cup extra-virgin olive oil  
2 cloves garlic, 1 crushed, 1 minced  
to taste finely grated zest of 1 lemon  
1/2 tsp anchovy paste  
pinch crushed red pepper flakes  
7 bunches fresh watercress, trimmed and coarsely chopped  
to taste salt and freshly ground black pepper  
four 6oz. fillets skinless halibut

Preparation  
1. Preheat oven to 400°F.  
2. In a small bowl, combine 2 tbsp of the olive oil with the crushed garlic and lemon zest. Let stand at room temperature for 10 minutes, and then discard the garlic.  
3. Heat 1 tbsp of the olive oil in a large skillet over medium heat. Add the minced garlic, anchovy paste, and crushed red pepper flakes and cook, stirring until fragrant, about 30 seconds. Add the watercress; raise the heat to medium-high, and cook, stirring, until barely wilted, about 3 minutes. Season with salt and black pepper and set aside.  
4. Heat the remaining 1 tbsp olive oil in a large ovenproof skillet over high heat until shimmering. Season the halibut fillets with salt and black pepper, and add them to the skillet. Cook until beginning to brown on the bottom, about 3 minutes. Transfer the skillet to the oven and roast the halibut for about 5 minutes, or until just white throughout.  
5. Warm the watercress mixture over medium-high heat until hot but still crisp-tender, about 1 minute. Spoon the watercress onto plates. Using a spatula, transfer the halibut, browned side up, to the plates. Drizzle with the lemon-garlic oil and serve.

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