



Grilled Halibut with Nicoise Sauce 2 servings

Ingredients

4 Tbsp olive oil
2-6 oz halibut steaks (about 3/4-inch thick)
1/2 cup Kalamata olives, finely chopped & pitted
1/4 cup roasted red pepper, finely chopped
1 cup plum tomatoes, chopped
3 Tbsp flat-leaf parsley, finely chopped
2 Tbsp capers, drained and chopped
2 cloves garlic, minced
Salt and pepper, to taste
2 Tbsp balsamic vinegar
lemon wedges as garnish

Heat a grill pan with a little olive oil until hot but not smoking. Pat the steaks dry and season with salt and pepper. Grill steaks for 4 to 5 minutes on each side, or until they are just cooked through. While the fish is cooking, coat the bottom of a small saute pan with olive oil. Heat the olive oil over low heat with the garlic until fragrant. Add the olives, roasted red pepper, capers, garlic, vinegar and warm. Season to taste with salt and pepper to taste. Transfer the halibut to plates, spoon the sauce over it, and serve with lemon wedges.

