



## Mediterranean Halibut

*Serves 4*

### Ingredients

- A smear of soft butter for your pan
- 1 ½ pounds of halibut filet, cut into 4 equal portions
- 1 white onion, sliced thin into semi circles
- 3 large organic limes, seeded and sliced the same thickness as the onion
- 16 small assorted, colorful cherry tomatoes, cut in half
- 12 sprigs of herbs - either choose dill, cilantro, tarragon, or oregano or a mix
- ½ cup mixed brined olives, green and black (WITHOUT pits)
- 2 Tbsp olive oil
- 1 ½ tsp smoked paprika
- 1 tsp fine sea salt
- 20 grinds of fresh black pepper
- ¼ tsp red pepper flakes
- ⅓ cup dry vermouth

### Ingredients to Garnish

- ¼ cup of whole sprigs of fresh dill, cilantro, tarragon or whatever is growing in your garden
- ¼ cup chopped feta

### Instructions

Preheat oven or toaster oven with rack in the center to 425 degrees. Butter a casserole dish that will easily hold the fish filets.

Begin by putting a layer of onions on the bottom, then top with the sliced lime. Place the fish filets on top of this and scatter tomatoes, herbs and olives around the dish. Top each filet with drizzled olive oil, salt, pepper and paprika.

Pour vermouth around the sides of the dish.

Bake uncovered for about 15 minutes or until the fish is cooked to your liking.

Divide fish and veggies and all the olives etc into four shallow soup dishes and divide the liquid too. Top each serving with sprigs of fresh herbs and a sprinkle of chopped feta cheese.

Lick your lips!