

LEMON BASIL HALIBUT WITH ORZO & ASPARAGUS



Ingredients

1 lb halibut, skin removed, patted dry then seasoned with salt and pepper
1 C dry orzo pasta
1 bunch asparagus spears, cleaned and ends removed
3 TBS unsalted butter
4 garlic cloves, crushed
1 TBS capers, drained
salt and pepper

Lemon Basil Sauce:

1/2 C fresh basil leaves, chopped
juice and zest of 1 lemon
1/4 C olive oil
salt and pepper to taste

Instructions

1. To make the lemon basil sauce: Combine basil, juice, zest, olive oil, 1/4 tsp salt and 1/4 tsp pepper in a food processor and pulse a few times to chop up the basil into smaller pieces. Add more salt to taste if needed, then set aside in a glass bowl.
2. Cook orzo according to package directions, drain and set aside. Can make the orzo up to 24 hours in advance and keep in the fridge.
3. Heat a large pan with 2 tablespoons unsalted butter. Once butter melts, stir in crushed garlic, letting them simmer for 2-3 minutes. Discard garlic and add in fish filets, letting them sear for 5-6 minutes before flipping. Once fish has cooked through, remove from pan and set aside, covering with foil to keep it warm.
4. In the same pan over medium heat, add in one tablespoon unsalted butter, letting it melt, then add in one crushed garlic clove and the asparagus spears. Add a pinch of salt, then cover and let the asparagus steam for 4-5 minutes, or until the spears are crisp tender. Add in orzo pasta, letting the orzo sit in the pan for a few minutes before stirring again, until the orzo starts to brown up and absorb the pan juices. Stir in the capers, then add salt and pepper to taste.
5. To plate, start with the orzo/asparagus sauté, then gently place the fish on top, followed by a spoonful or two of the lemon basil sauce. Enjoy!

