



Crusted Pacific Halibut



Ingredients:

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- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil.
- ½ teaspoon minced garlic.
- Freshly ground pepper to taste.
- 1 tablespoon sesame seeds,
toasted.
- 1 teaspoon of dried thyme leaves.
- 1 teaspoon of salt.
- 8 ounces of pacific haliburDirections





CRUSTED PACIFIC HALIBUT

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METHOD

- 01** Preheat oven to 450 degrees F. Line a baking sheet with foil.
- 02** Mix lemon juice, oil, garlic and pepper in a shallow glass dish. Add fish and turn to coat. Cover and marinate in the refrigerator for 15 minutes.
- 03** Meanwhile, combine sesame seeds and thyme in a small bowl.
- 04** Sprinkle the fish with salt and coat evenly with the sesame seed mixture, covering the sides as well as the top. Transfer the fish to the prepared
- 05** Baking sheet and roast until just cooked through, 10 to 14 minutes. Serve with lemon wedges.