
Roasted Halibut with Lemons and Rosemary

Adapted slightly from epicurious



2 halibut fillets, preferably at least 1-inch thick
1 1/2 teaspoons extra virgin olive oil, or more if needed

Kosher salt

1/2 teaspoon Aleppo chile pepper

2 sprigs fresh rosemary

1 small lemon, very thinly sliced

1 teaspoon fresh rosemary, minced, for garnish

1 small lemon, cut in wedges, for garnish

more salt to sprinkle on top

Yield: servings

Per Serving (excluding unknown items): 157 Calories; 6g Fat (31.9% calories from fat); 22g Protein; 7g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 57mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 2

1. Heat oven to 450°F. Line a rimmed baking sheet with foil and spray nonstick spray on the foil. Allow fish to sit out for 10-15 minutes, then blot the fish dry with paper towels. Place fish on the foil. Brush fillets with 1 teaspoon or so of oil and season with salt and Aleppo chili flakes. Top each fillet with several small rosemary branches and several slices of lemon. Drizzle remaining oil over lemon slices and sprinkle with additional salt. If desired, you can scatter Kalamata olive slices over fish.

2. Bake until just opaque, about 10 minutes, until internal temperature reaches 120°F. If lemon slices have not browned or singed (this will depend on how thinly you slice them), place pan under broiler for 1 to 2 minutes. Serve drizzled with more olive oil; sprinkle with more salt and Aleppo, if desired. Sprinkle additional minced rosemary on top and serve with lemon wedges.