

# San Diego Food Finds Blog

## Fish Shop Halibut Recipe

December 1, 2016 Maria Desiderata Montana



Are you looking for new ways to prepare lighter dishes? Enter a sea of possibilities from [Hermosa Beach Fish Shop](#), [Pacific Beach Fish Shop](#) and [Encinitas Fish Shop](#). Offering the freshest seafood, as well as seasonings and sauces made from scratch, it's a breeze to get hooked on tasty entrees such as the Lemon Butter Halibut. Infused with the flavor of lemon and accompanied by a blend of sautéed vegetables, the recipe is so easy and versatile, you can switch out the fish for salmon, cod, shrimp or scallops.

The Hermosa Beach Fish Shop and other locations provides fresh seafood, outstanding service and a relaxed atmosphere that is both family (and dog) friendly. Located at the corner of Pier Avenue and the Pacific Coast Highway, the eatery is proud to offer more than 2,000 combinations of fish, marinades, prep styles and sides to choose from.

## Lemon Butter Halibut with Sautéed Vegetables

Serves 1

### Ingredients

- 6 ounce filet of fresh local halibut
- 2 tablespoons olive oil
- 2 tablespoons lemon butter
- 2 tablespoons herb oil
- 1 cup carrots and zucchini, sliced lengthwise
- Pinch of kosher salt
- Pinch of ground pepper
- 1 tablespoon fresh herbs (your choice), finely chopped

### Instructions

Heat a small sauté pan to medium heat and add olive oil. Add halibut and cook for 1-½ minutes on each side. Brush both sides of the halibut with lemon butter and cook for another 30 seconds on each side (or to desired doneness). Remove halibut from pan. Garnish with herbs.

Heat a separate sauté pan to medium heat and add herb oil. Add vegetables and season with salt and pepper. Cook for 2 minutes or until al dente.

Arrange fish and vegetables on a plate and serve.