

San Diego Patch

# Lemon Butter Halibut Recipe from Point Loma Fish Shop

Flaky, buttery and delicious, this dish will be perfect for warmer evenings ahead



The peak season for Pacific Halibut (May-September) is quickly approaching and [Point Loma Fish Shop](#) wants to share a delicious and healthy fresh catch recipe that can easily be made at home! Fish Shop has built a reputation for providing customers with the freshest seafood and quality ingredients, so you know you can count on the casual-seafood joint for some amazing recipes.

All you need is some local halibut, which can be picked up at any fish market, and some seasonal veggies such as zucchini, artichokes, asparagus or broccoli, to name a few.

Please see recipe below:

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### Lemon Butter Halibut with Sautéed Vegetables

Serves 1

#### Ingredients

6 oz filet Fresh Local Halibut

1 oz Lemon Butter

1 oz Olive Oil

1 oz Herb Oil

6 oz Vegetables

Kosher Salt

Ground Pepper

#### Instructions

1. Place a sauté pan on medium heat and add 1 oz of olive oil to pan.
2. Place the 6 oz filet of local halibut in the sauté pan and cook for 1 ½ minutes on each side.
3. Brush both sides of the halibut with lemon butter and cook for another 30 seconds on each side or cook to your preference. Once cooked, remove fish from pan.
4. Place a separate sauté pan on medium heat and add 1 oz of herb oil. Add vegetables, a pinch of kosher salt and a pinch of ground black pepper. Cook for 2 minutes.
5. Place fish and vegetables on a plate and enjoy!